



Runge, Sebastian

□□: RSV Vegesack

□□: 238

□□: 57.30 km

Marathon-Tour kurz

Herren

□□□: 2:28:19

□□: 23.18 km/h

\_\_\_\_\_: 13 (of 73)

\_\_\_\_/\_: 13 (of 69)

\_\_\_\_: 2:11:38

□□□□: 11(of 49)

\_\_\_\_: 2:11:38

	km		km/h	-	-			km		km/h	-	-		
□□ <b>1</b>	11.13	39:22	16.96	14	4:30	17	4:30	11.13	39:22	16.96	37		38	
□□ 2	19.10	47:47	23.98	9	3:57	9	3:57	30.23	1:27:09	20.81	37		39	
□□ 3	19.10	52:30	21.83	13	7:45	15	7:45	49.33	2:19:39	21.19	34		45	
□□□ Ziel	7.97	8:40	55.18	12	0:37	15	0:49	57.30	2:28:19	23.18	11	16:41	13	16:41