



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

□□□□

Lauffeuer Paderborn "Der Rest"

□□: Lauffeuer Paderborn "Der Rest"

□□: 109

□□: 15.60 km

Erwachsenenstaffel

□□□□:

Erwachsenenstaffel

□□□: 1:00:51

□□: 15.38 km/h

□□□□: 3:54 min/km

□□□□□: 3 (of 13)

□□□□□□: 1:00:27

□□□□□: 3(of 13)

□□□□□□□: 1:00:27

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| □□ 1 | 1.56 | 5:37 | 3:36 | 3 | 0:20 | 3 | 0:20 | 1.56 | 5:37 | 3:36 | 3 | 0:20 | 3 | 0:20 |
| □□ 2 | 1.56 | 6:34 | 4:12 | 6 | 1:11 | 6 | 1:11 | 3.12 | 12:11 | 3:54 | 3 | 1:31 | 3 | 1:31 |
| □□ 3 | 1.56 | 5:41 | 3:38 | 2 | 0:04 | 2 | 0:04 | 4.68 | 17:52 | 3:49 | 3 | 1:27 | 3 | 1:27 |
| □□ 4 | 1.56 | 5:30 | 3:31 | 1 | - | 1 | - | 6.24 | 23:22 | 3:44 | 3 | 0:07 | 3 | 0:07 |
| □□ 5 | 1.56 | 6:28 | 4:08 | 6 | 0:55 | 6 | 0:55 | 7.80 | 29:50 | 3:49 | 3 | 1:02 | 3 | 1:02 |
| □□ 6 | 1.56 | 5:55 | 3:47 | 2 | 0:02 | 2 | 0:02 | 9.36 | 35:45 | 3:49 | 3 | 0:37 | 3 | 0:37 |
| □□ 7 | 1.56 | 5:29 | 3:30 | 1 | - | 1 | - | 10.92 | 41:14 | 3:46 | 3 | | 3 | |
| □□ 8 | 1.56 | 6:46 | 4:20 | 6 | 0:59 | 6 | 0:59 | 12.48 | 48:00 | 3:50 | 3 | 0:08 | 3 | 0:08 |
| □□ 9 | 1.56 | 5:47 | 3:42 | 2 | 0:21 | 2 | 0:21 | 14.04 | 53:47 | 3:49 | 2 | 0:29 | 2 | 0:29 |
| □□□ □□ | 1.56 | 7:04 | 4:31 | 8 | 1:11 | 8 | 1:11 | 15.60 | 1:00:51 | 3:54 | 3 | 0:24 | 3 | 0:24 |