



# 9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

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## Benser Trio

□□: Benser Trio

□□: 103

□□: 15.60 km

Erwachsenenstaffel

□□□□:

Erwachsenenstaffel

□□□: 1:07:21

□□: 13.36 km/h

□□□□: 4:19 min/km

□□□□□: 7 (of 13)

□□□□□□: 1:00:27

□□□□□: 7(of 13)

□□□□□□□: 1:00:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
□□ 1	1.56	6:20	4:03	7	1:03	7	1:03	1.56	6:20	4:03	7	1:03	7	1:03
□□ 2	1.56	7:27	4:46	12	2:04	12	2:04	3.12	13:47	4:25	7	3:07	7	3:07
□□ 3	1.56	6:55	4:26	11	1:18	11	1:18	4.68	20:42	4:25	7	4:17	7	4:17
□□ 4	1.56	6:15	4:00	5	0:45	5	0:45	6.24	26:57	4:19	7	3:42	7	3:42
□□ 5	1.56	7:12	4:36	12	1:39	12	1:39	7.80	34:09	4:22	7	5:21	7	5:21
□□ 6	1.56	6:39	4:15	8	0:46	8	0:46	9.36	40:48	4:21	7	5:40	7	5:40
□□ 7	1.56	6:24	4:06	6	0:55	6	0:55	10.92	47:12	4:19	7	5:52	7	5:52
□□ 8	1.56	7:24	4:44	9	1:37	9	1:37	12.48	54:36	4:22	7	6:44	7	6:44
□□ 9	1.56	6:34	4:12	6	1:08	6	1:08	14.04	1:01:10	4:21	6	7:52	6	7:52
□□□ □□	1.56	6:11	3:57	2	0:18	2	0:18	15.60	1:07:21	4:19	7	6:54	7	6:54