



# 9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

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## Rattlesnakes

00: Rattlesnakes

00: 141

00: 15.60 km

Erwachsenenstaffel

0000:

Erwachsenenstaffel

000: 1:07:56

00: 13.25 km/h

0000: 4:21 min/km

00000: 8 (of 13)

000000: 1:00:27

00000: 8(of 13)

0000000: 1:00:27

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
00 1	1.56	5:33	3:33	2	0:16	2	0:16	1.56	5:33	3:33	8	0:16	8	0:16
00 2	1.56	5:42	3:39	2	0:19	2	0:19	3.12	11:15	3:36	8	0:35	8	0:35
00 3	1.56	6:47	4:20	10	1:10	10	1:10	4.68	18:02	3:51	8	1:37	8	1:37
00 4	1.56	7:13	4:37	11	1:43	11	1:43	6.24	25:15	4:02	8	2:00	8	2:00
00 5	1.56	6:09	3:56	3	0:36	3	0:36	7.80	31:24	4:01	8	2:36	8	2:36
00 6	1.56	5:53	3:46	1	-	1	-	9.36	37:17	3:58	8	2:09	8	2:09
00 7	1.56	8:03	5:09	11	2:34	11	2:34	10.92	45:20	4:09	8	4:00	8	4:00
00 8	1.56	8:03	5:09	12	2:16	12	2:16	12.48	53:23	4:16	8	5:31	8	5:31
00 9	1.56	5:53	3:46	3	0:27	3	0:27	14.04	59:16	4:13	7	5:58	7	5:58
000 00	1.56	8:40	5:33	11	2:47	11	2:47	15.60	1:07:56	4:21	8	7:29	8	7:29