



9. Schlänger Pflasterlauf

Schlangen / 28.06.2009

□□□□

Volksbank Schlangen

□□: Volksbank Schlangen

□□: 101

□□: 15.60 km

Erwachsenenstaffel

□□□□:

Erwachsenenstaffel

□□□: 1:14:38

□□: 12.06 km/h

□□□□: 4:47 min/km

□□□□□: 12 (of 13)

□□□□□□: 1:00:27

□□□□□: 12(of 13)

□□□□□□□: 1:00:27

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| □□ 1 | 1.56 | 7:41 | 4:55 | 12 | 2:24 | 12 | 2:24 | 1.56 | 7:41 | 4:55 | 12 | 2:24 | 12 | 2:24 |
| □□ 2 | 1.56 | 7:04 | 4:31 | 11 | 1:41 | 11 | 1:41 | 3.12 | 14:45 | 4:43 | 12 | 4:05 | 12 | 4:05 |
| □□ 3 | 1.56 | 8:11 | 5:14 | 12 | 2:34 | 12 | 2:34 | 4.68 | 22:56 | 4:54 | 12 | 6:31 | 12 | 6:31 |
| □□ 4 | 1.56 | 6:03 | 3:52 | 3 | 0:33 | 3 | 0:33 | 6.24 | 28:59 | 4:38 | 12 | 5:44 | 12 | 5:44 |
| □□ 5 | 1.56 | 6:33 | 4:11 | 8 | 1:00 | 8 | 1:00 | 7.80 | 35:32 | 4:33 | 12 | 6:44 | 12 | 6:44 |
| □□ 6 | 1.56 | 7:33 | 4:50 | 13 | 1:40 | 13 | 1:40 | 9.36 | 43:05 | 4:36 | 12 | 7:57 | 12 | 7:57 |
| □□ 7 | 1.56 | 8:33 | 5:28 | 12 | 3:04 | 12 | 3:04 | 10.92 | 51:38 | 4:43 | 12 | 10:18 | 12 | 10:18 |
| □□ 8 | 1.56 | 6:51 | 4:23 | 7 | 1:04 | 7 | 1:04 | 12.48 | 58:29 | 4:41 | 12 | 10:37 | 12 | 10:37 |
| □□ 9 | 1.56 | 8:10 | 5:14 | 11 | 2:44 | 11 | 2:44 | 14.04 | 1:06:39 | 4:44 | 11 | 13:21 | 11 | 13:21 |
| □□□ □□ | 1.56 | 7:59 | 5:07 | 10 | 2:06 | 10 | 2:06 | 15.60 | 1:14:38 | 4:47 | 12 | 14:11 | 12 | 14:11 |