



Köhler, Roland

□□: Rc Endspurt Herford

□□: 337

□□: 77.80 km

Marathon Mitteldistanz

Senioren

□□□: 4:08:22

□□: 18.60 km/h

_____: 76 (of 160)

____/_: 74 (of 154)

□□□□□□: 3:00:41

□□□□: 27(of 69)

____: 3:27:16

ППП														

	km		km/h	-	-			km		km/h	-	-		
□□ 1	12.30	34:02	21.16	25	6:41	71	7:47	12.30	34:02	21.16	66	0:24	87	
□□ 2	13.40	33:33	23.25	3	1:55	24	4:31	25.70	1:07:35	22.19	11		88	
□ □ 3	25.50	1:25:18	17.58	27	17:05	80	45:58	51.20	2:32:53	20.02	57		75	36:23
□□ 4	13.40	44:35	17.50	37	11:14	100	14:26	64.60	3:17:28	19.45	57		74	50:49
000 00	13.20	50:54	15.32	31	10:33	84	19:14	77.80	4:08:22	18.60	36	2:24:16	95	2:26:58