



Kahmann, Thomas

□□: Erfurt
□□: 242

□□: 14.00 km Hauptlauf

Männer M45

□□□: 1:13:32

□□: 11.42 km/h

□□□□: 5:15 min/km

\_\_\_\_\_: 89 (of 252)

\_\_\_\_/\_: 86 (of 198)

[][][]: 52:16

□□□□: 24(of 50)

\_\_\_\_: 59:10

	km		min/km	-	-			km		min/km	-	-		
Posten	8.30	44:22	5:20	26	9:32	94	13:36	8.30	44:22	5:20	49		86	13:36
	5.70	29:10	5:07	21	5:01	69	7:40	14.00	1:13:32	5:15	24	14:22	86	21:16