



Schaller, Lutz

□□: SLG Bad Langensalza

□□: 32

□□: 14.00 km Hauptlauf

Senioren M50 (50-54 Jahre)

□□□: 1:28:44

□□: 9.47 km/h

□□□□: 6:20 min/km

______: 206 (of 256)

____/_: 164 (of 185)

[][][]: 48:53

□□□□: 31(of 34)

	km		min/km	-	-			km		min/km	-	-		
Posten	7.50	53:55	7:11	29	17:23	158	24:15	7.50	53:55	7:11	4	10:19	161	13:14
	6.50	34:49	5:21	30	11:10	156	15:36	14.00	1:28:44	6:20	31	28:33	164	39:51