



Ludwig, Eckard

□□: 270

□□: 14.00 km Hauptlauf

Senioren M55 (55-59 Jahre)

□□□: 1:36:43

□□: 8.69 km/h

□□□□: 6:55 min/km

\_\_\_\_\_\_: 234 (of 256)

\_\_\_\_/\_: 175 (of 185)

[][][]: 48:53

□□□□: 15(of 16)

\_\_\_\_: 1:03:21

	km		min/km	-	-			km		min/km	-	-		
Posten	7.50	58:10	7:45	15	19:00	171	28:30	7.50	58:10	7:45	15	19:00	171	17:29
	6.50	38:33	5:55	15	14:22	172	19:20	14.00	1:36:43	6:54	15	33:22	175	47:50