



Dörre, Jochen

□□: Mühlhausen

□□: 547

□□: 9.60 km
9,6 km - Lauf

Senioren M50 (50-54 Jahre)

□□□: 51:15

□□: 10.54 km/h

□□□□: 5:20 min/km

_____: 61 (of 170)

____/_: 49 (of 111)

[][][]: 33:31

□□□□: 3(of 8)

_____: 42:07

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	25:42	6:16	3	4:44	51	9:19	4.10	25:42	6:16	3	4:44	48	9:01
Loddenke	2.20	10:23	4:43	5	1:47	51	3:49	6.30	36:05	5:43	3	6:31	48	12:50
Ilsenburg/Markt	3.30	15:10	4:35	4	2:37	49	4:57	9.60	51:15	5:20	3	9:08	49	17:44