



Weber, Steffen

□□: Pesterwitz

□□: 611

□□: 9.60 km 9,6 km - Lauf

Senioren M50 (50-54 Jahre)

□□□: 52:35

□□: 10.27 km/h

□□□: 5:29 min/km

_____: 70 (of 170)

____/_: 57 (of 111)

[][][]: 33:31

□□□□: 4(of 8)

_____: 42:07

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	27:21	6:40	6	6:23	70	10:58	4.10	27:21	6:40	4	6:23	56	10:40
Loddenke	2.20	10:16	4:40	3	1:40	47	3:42	6.30	37:37	5:58	4	8:03	56	14:22
llsenburg/Markt	3.30	14:58	4:32	2	2:25	43	4:45	9.60	52:35	5:28	4	10:28	57	19:04