



10. Deisterberglauf

Barsinghausen / 15.09.2013

0000

Kaul, Frank

00: Kenpoka

00: 611

00: 20.80 km

Halbmarathon

0000:

Senioren M50 (50-54 Jahre)

000: 1:51:22

00: 10.78 km/h

0000: 5:21 min/km

00000/000: 50 (of 110)

00000/0: 42 (of 92)

000000: 1:18:02

00000: 7(of 18)

0000000: 1:33:56

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.30	17:30	5:18	8	3:00	49	4:56	3.30	17:30	5:18	13	-	19	
00 2	1.70	9:40	5:41	5	1:19	34	2:34	5.00	27:10	5:26	13	-	75	
00 3	2.10	8:51	4:12	6	1:21	35	1:59	7.10	36:01	5:04	13	-	73	
00 4	4.95	27:42	5:35	8	4:24	45	7:32	12.05	1:03:43	5:17	13	-	69	
00 5	3.65	19:21	5:18	10	3:40	52	6:32	15.70	1:23:04	5:17	12	12:43	74	
00 6	1.40	6:49	4:52	10	1:16	54	2:31	17.10	1:29:53	5:15	12	-	72	
000 00	3.70	21:29	5:48	8	10:44	41	10:44	20.80	1:51:22	5:21	7	17:26	42	33:20