



10. Deisterberglauf

Barsinghausen / 15.09.2013

0000

Joppien, Niels

00: Vegan Power

00: 545

00: 20.80 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 1:51:47

00: 11.16 km/h

0000: 5:22 min/km

00000/0000: 52 (of 110)

00000/0: 44 (of 92)

000000: 1:18:02

00000: 4(of 5)

0000000: 1:28:53

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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	16:47	5:05	4	2:59	34	4:13	3.30	16:47	5:05	4	2:59	73	
00 2	1.70	9:56	5:50	4	1:43	47	2:50	5.00	26:43	5:20	4	4:42	73	
00 3	2.10	9:13	4:23	5	1:57	48	2:21	7.10	35:56	5:03	4	6:23	71	
00 4	4.95	28:33	5:46	4	6:17	52	8:23	12.05	1:04:29	5:21	4	12:40	67	
00 5	3.65	19:11	5:15	4	4:18	50	6:22	15.70	1:23:40	5:19	4	16:58	72	
00 6	1.40	6:43	4:47	4	1:33	51	2:25	17.10	1:30:23	5:17	4	18:31	71	
000 00	3.70	21:24	5:47	3	4:23	39	10:39	20.80	1:51:47	5:22	4	22:54	44	33:45