



4. Race to Sky
Boffzen (Grillhütte) / 21.09.2013

□□□□

Köhler, Roland

□□: Rc Endspurt Herford

□□: 516

□□: 42.80 km

Marathon

□□□□:

Senioren I

□□□: 1:57:36

□□: 21.43 km/h

□□□□□/□□□: 49 (of 70)

□□□□□/□: 47 (of 66)

□□□□□□: 1:30:22

□□□□□: 16(of 24)

□□□□□□□: 1:38:35

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| Runde | 10.70 | 29:23 | 20.42 | 22 | 5:10 | 55 | 6:32 | 10.70 | 29:23 | 20.42 | 9 | 1:35 | 18 | 0:38 |
| Runde | 10.70 | 28:47 | 20.85 | 16 | 4:44 | 47 | 6:26 | 21.40 | 58:10 | 21.66 | 9 | 2:41 | 19 | 1:31 |
| Runde | 10.70 | 29:18 | 20.48 | 16 | 4:32 | 47 | 6:42 | 32.10 | 1:27:28 | 21.95 | 9 | 4:03 | 17 | 0:12 |
| □□ | 10.70 | 30:08 | 19.91 | 18 | 5:25 | 49 | 7:39 | 42.80 | 1:57:36 | 21.43 | 16 | 19:01 | 47 | 27:14 |