



5. Race to Sky

Boffzen (Grillhütte) / 10.05.2014

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Dingerdissen, Jan

□□: Herford
□□: 543

□□: 29.30 km
U19, Masters (w/m)

□□□□:
Masters männlich

□□□: 1:52:40

□□: 15.44 km/h

□□□□□/□□□: 22 (of 26)

□□□□□/□: 20 (of 24)

□□□□□□: 1:18:44

□□□□□: 18(of 20)

□□□□□□□: 1:18:44

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
MP 1	1.70	4:19	13.90	18	0:58	22	0:58	1.70	4:19	13.90	3	0:18	6	0:23
MP 2	1.00	6:29	9.25	19	2:50	23	2:50	2.70	10:48	11.11	3	1:37	6	1:55
MP 3	2.10	5:39	21.24	18	0:58	20	0:58	4.80	16:27	14.59	3	2:23	6	2:22
Lap	1.70	6:03	9.92	18	1:22	20	1:22	6.50	22:30	16.00	3	2:54	6	2:50
MP 1	0.90	2:32	0.00	18	0:31	20	0:31	7.40	25:02	16.78	3	3:09	6	3:08
MP 2	1.00	6:38	9.05	18	2:42	20	2:42	8.40	31:40	15.16	3	4:29	6	4:16
MP 3	2.10	6:07	19.62	18	1:27	20	1:27	10.50	37:47	15.88	3	5:37	6	4:59
Lap	1.70	6:26	9.33	18	1:40	21	1:40	12.20	44:13	16.28	3	6:32	6	5:55
MP 1	0.90	2:33	0.00	19	0:30	22	0:30	13.10	46:46	16.68	3	6:51	6	6:05
MP 2	1.00	7:19	8.20	18	3:25	21	3:25	14.10	54:05	15.53	3	8:32	6	7:53
MP 3	2.10	6:19	19.00	18	1:32	20	1:32	16.20	1:00:24	15.89	3	9:39	6	8:38
Lap	1.70	6:37	9.07	18	1:49	20	1:49	17.90	1:07:01	15.22	3	10:35	6	9:23
MP 1	0.90	2:33	0.00	17	0:34	19	0:34	18.80	1:09:34	15.52	3	10:52	6	9:40
MP 2	1.00	7:24	8.11	18	3:28	20	3:28	19.80	1:16:58	14.81	3	12:34	6	11:25
MP 3	2.10	6:21	18.90	18	1:39	19	1:39	21.90	1:23:19	15.12	3	13:51	6	12:08
Lap	1.70	6:28	9.28	18	1:37	19	1:37	23.60	1:29:47	15.37	3	14:52	6	12:52
MP 1	0.90	2:38	0.00	18	0:38	20	0:38	24.50	1:32:25	15.58	3	15:13	6	15:16
MP 2	1.00	7:34	7.93	18	3:43	20	3:43	25.50	1:39:59	15.00	3	17:23	6	17:21
MP 3	2.10	6:15	19.20	18	1:26	19	1:26	27.60	1:46:14	15.25	3	18:35	6	18:32
□□	1.70	6:26	9.33	17	1:43	19	5:37	29.30	1:52:40	15.44	18	33:56	20	33:56