



Ehrig, Matthias

□□: Nordhausen

□□: 408

□□: 9.90 km

3 Runden 9,9 km

Senioren M40

□□□: 51:40

□□: 10.45 km/h

□□□□: 5:13 min/km

_____: 48 (of 90)

____/_: 42 (of 75)

____: 34:35

□□□□: 7(of 10)

____: 41:36

	km		min/km	-	-			km		min/km	-	-		
Rundenzeit	3.30	16:26	4:58	7	2:58	42	4:43	3.30	16:26	4:58	8	2:58	15	
Rundenzeit	3.30	17:21	5:15	6	3:22	41	5:46	6.60	33:47	5:07	8	6:20	3	
	3.30	17:53	5:25	8	3:44	49	6:36	9.90	51:40	5:13	7	10:04	42	17:05