



Ahrens, Karsten

□□: LG Pingpank/üstra

□□: 341

□□: 9.70 km
10 km-Lauf

Senioren M45 (45-49 Jahre)

□□□: 1:04:08

□□: 8.42 km/h

□□□□: 6:37 min/km

_____: 51 (of 51)

____/_: 39 (of 39)

[][][]: 34:28

□□□□: 13(of 13)

____: 42:28

	km		min/km	-	-			km		min/km	-	-		
1	3.30	22:33	6:50	13	7:25	39	9:51	3.30	22:33	6:50	13	7:25	20	2:50
□□ 2	1.70	12:54	7:35	13	3:57	38	5:57	5.00	35:27	7:05	13	11:22	20	3:33
<u>□</u> □ 3	2.10	12:28	5:56	13	4:34	39	6:02	7.10	47:55	6:44	13	15:56	20	4:39
	2.60	16:13	6:14	13	5:44	38	7:50	9.70	1:04:08	6:36	13	21:40	39	29:40