



11. Deisterberglauf

Barsinghausen / 28.09.2014

0000

Zipper, Wolfgang

00: Langenhagen

00: 765

00: 20.80 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:48:20

00: 11.08 km/h

0000: 5:13 min/km

00000/000: 50 (of 93)

00000/0: 45 (of 81)

000000: 1:13:11

00000: 11(of 19)

0000000: 1:25:05

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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	17:04	5:10	11	3:02	44	4:47	3.30	17:04	5:10	10	0:34	18	
00 2	1.70	9:46	5:44	11	1:42	45	3:06	5.00	26:50	5:21	10	0:44	18	
00 3	2.10	8:50	4:12	9	1:36	33	2:26	7.10	35:40	5:01	10		18	
00 4	4.95	29:33	5:58	12	6:54	49	10:15	12.05	1:05:13	5:24	10	0:16	18	
00 5	3.65	19:53	5:26	12	5:33	50	7:14	15.70	1:25:06	5:25	10	1:00	18	
00 6	1.40	6:52	4:54	12	1:44	49	2:20	17.10	1:31:58	5:22	10	1:14	18	
000 00	3.70	16:22	4:25	10	3:51	43	5:01	20.80	1:48:20	5:12	11	23:15	45	35:09