



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

0000

Wei, Christian

00: PzGrenBtl 401

00: 772

00: 20.80 km

Halbmarathon

0000:

Mnner (20-29 Jahre)

000: 2:03:02

00: 9.75 km/h

0000: 5:55 min/km

00000/000: 78 (of 93)

00000/0: 69 (of 81)

000000: 1:13:11

00000: 9(of 13)

0000000: 1:15:42

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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	18:40	5:39	8	6:20	55	6:23	3.30	18:40	5:39	9	6:20	35	
00 2	1.70	10:41	6:17	7	3:47	59	4:01	5.00	29:21	5:52	9	10:07	13	
00 3	2.10	10:16	4:53	9	3:46	61	3:52	7.10	39:37	5:34	9	13:53	35	
00 4	4.95	30:14	6:06	6	10:11	52	10:56	12.05	1:09:51	5:47	9	24:04	35	
00 5	3.65	21:43	5:56	10	8:17	71	9:04	15.70	1:31:34	5:49	9	32:21	35	1:44
00 6	1.40	13:20	9:31	13	8:36	81	8:48	17.10	1:44:54	6:08	8	40:57	35	8:14
000 00	3.70	18:08	4:54	8	6:23	61	6:47	20.80	2:03:02	5:54	9	47:20	69	49:51