



Krause, Tim

□□: TSV Poggenhagen

□□: 104

□□: 5.00 km5 km-Lauf

männliche Jugend U16 (15 Jahre)

□□□: 22:57

□□: 13.07 km/h

□□□□: 4:35 min/km

______ 6 (of 30)

____/_: 5 (of 15)

____: 17:39

____: 2(of 2)

_____: 22:44

km min/km km min/km	
□□ 1 3.30 15:38 4:44 2 0:03 5 3:17 3.30 15:38 4:44 2 0:03	5 3:17
1.70 7:19 4:18 2 0:10 5 2:01 5.00 22:57 4:35 2 0:13	5 5:18