

2. Hennesee Panorama Lauf 2. Hennesee ranorama Laar Meschede - Hennesee / 05.10.2014



Koch, Nadja

□□: SCC Scharmede

□□: 685

□□: 17.50 km Panorama Lauf

Seniorinnen W30 (30-34 Jahre)

□□□: 1:17:08

□□: 13.22 km/h

□□□□: 4:25 min/km

______ 7 (of 71)

______: 1 (of 17)

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	km		min/km	-	-			km		min/km	-	-		
	5.00	23:14	4:38	1	-	1	-	5.00	23:14	4:38	1	-	10	
Kontrolle	5.00	22:54	4:34	1	-	1	-	10.00	46:08	4:36	1	-	10	
	5.00	20:32	4:06	1	-	1	-	15.00	1:06:40	4:26	1	-	10	
	2.50	10:28	4:11	1	-	1	-	17.50	1:17:08	4:24	1	-	1	-

Timing by SPORTident

timing.sportident.com