



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Grifoni, Milena

□□: OLG Regensburg

□□□: 46:22

□□□□: 10:42 min/km

□□: 4.33 km / 9 □□

□□□□:

Damen ab 45

□□□□□: 6(of 14)

□□□□□□□: 39:33

□□: 6:49

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|--------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (35) | 4:40 | 6 | 0:55 | 24.4 | 4:40 | 6 | 0:55 | 24.4 |
| 2 (43) | 6:40 | 3 | 0:43 | 12.0 | 11:20 | 2 | 1:07 | 10.9 |
| 3 (46) | 4:14 | 5 | 0:43 | 20.4 | 15:34 | 2 | 1:38 | 11.7 |
| 4 (56) | 6:43 | 5 | 0:59 | 17.2 | 22:17 | 3 | 2:19 | 11.6 |
| 5 (82) | 7:39 | 4 | 0:45 | 10.9 | 29:56 | 4 | 3:04 | 11.4 |
| 6 (83) | 1:44 | 1 | - | - | 31:40 | 4 | 2:56 | 10.2 |
| 7 (85) | 4:14 | 1 | - | - | 35:54 | 2 | 2:52 | 8.7 |
| 8 (84) | 6:19 | 12 | 4:15 | 205.7 | 42:13 | 6 | 6:54 | 19.5 |
| 9 (75) | 3:13 | 1 | - | - | 45:26 | 6 | 6:45 | 17.5 |
| □□ | 0:56 | 3 | 0:04 | 7.7 | 46:22 | 6 | 6:49 | 17.2 |