



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Graumann, Heidi

□□: ESV Lok Berlin-Schöneeweide

□□□: 1:02:47

□□□□: 14:29 min/km

□□: 4.33 km / 9 □□

□□□□:

Damen ab 50

□□□□□: 16(of 22)

□□□□□□: 35:56

□□: 26:51

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	□□	-	-	%	□□	-	-	%
1 (35)	7:52	19	4:12	114.6	7:52	19	4:12	114.6
2 (43)	9:27	16	4:05	76.1	17:19	18	7:57	84.9
3 (46)	5:01	11	1:36	46.8	22:20	18	9:33	74.7
4 (56)	7:49	14	2:48	55.8	30:09	17	12:21	69.4
5 (82)	9:46	12	3:13	49.1	39:55	16	15:34	63.9
6 (83)	3:48	18	2:16	147.8	43:43	16	17:50	68.9
7 (85)	6:20	16	2:25	61.7	50:03	16	20:15	68.0
8 (84)	5:30	15	3:18	150.0	55:33	16	23:33	73.6
9 (75)	5:57	18	2:56	97.2	1:01:30	16	26:29	75.6
□□	1:17	15	0:22	40.0	1:02:47	16	26:51	74.7