



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Janischowsky, Lukas

□□: OLG Regensburg

□□□: 1:02:43

□□□□: 7:18 min/km

□□: 8.58 km / 12 □□

□□□□:

Herren bis 18

□□□□□: 5(of 20)

□□□□□□□: 52:00

□□: 10:43

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (40)	4:26	8	0:36	15.7	4:26	8	0:36	15.7
2 (32)	4:36	7	1:09	33.3	9:02	6	1:17	16.6
3 (37)	5:00	4	1:05	27.7	14:02	4	2:22	20.3
4 (83)	13:23	4	2:02	17.9	27:25	3	4:24	19.1
5 (87)	4:36	11	1:06	31.4	32:01	3	5:30	20.7
6 (94)	5:53	9	1:24	31.2	37:54	3	6:54	22.3
7 (97)	5:58	4	0:59	19.7	43:52	4	7:53	21.9
8 (100)	3:25	14	0:51	33.1	47:17	5	8:44	22.7
9 (96)	2:10	5	0:25	23.8	49:27	5	9:09	22.7
10 (95)	3:09	3	0:16	9.3	52:36	5	8:55	20.4
11 (85)	6:15	10	1:45	38.9	58:51	5	10:40	22.1
12 (75)	3:13	5	0:20	11.6	1:02:04	5	10:49	21.1
□□	0:39	4	0:07	21.9	1:02:43	5	10:43	20.6