



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Sickert, Frank

□□: SSV Planeta Radebeul

□□□: 1:05:11

□□□□: 7:35 min/km

□□: 8.58 km / 12 □□

□□□□:

Herren ab 40

□□□□□: 4(of 16)

□□□□□□: 59:08

□□: 6:03

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (40)	4:35	3	0:22	8.7	4:35	3	0:22	8.7
2 (32)	5:30	8	1:28	36.4	10:05	4	1:43	20.5
3 (37)	5:04	5	0:41	15.6	15:09	4	2:02	15.5
4 (83)	15:24	5	2:18	17.6	30:33	4	4:08	15.7
5 (87)	4:25	4	0:40	17.8	34:58	4	4:35	15.1
6 (94)	5:28	4	0:27	9.0	40:26	4	5:02	14.2
7 (97)	6:49	9	1:27	27.0	47:15	5	6:29	15.9
8 (100)	3:10	3	0:13	7.3	50:25	4	6:42	15.3
9 (96)	2:02	1	-	-	52:27	4	6:41	14.6
10 (95)	3:08	2	0:01	0.5	55:35	4	5:46	11.6
11 (85)	5:26	3	0:16	5.2	1:01:01	4	6:02	11.0
12 (75)	3:23	2	0:02	1.0	1:04:24	4	5:59	10.2
□□	0:47	6	0:04	9.3	1:05:11	4	6:03	10.2