



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Rabe, Frank

□□: SV Sedlitz BW 90

□□□: 1:19:36

□□□□: 9:16 min/km

□□: 8.58 km / 12 □□

□□□□:

Herren ab 40

□□□□□: 9(of 16)

□□□□□□: 59:08

□□: 20:28

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (40)	5:07	6	0:54	21.3	5:07	6	0:54	21.3
2 (32)	6:13	10	2:11	54.1	11:20	7	2:58	35.5
3 (37)	5:29	7	1:06	25.1	16:49	6	3:42	28.2
4 (83)	16:19	8	3:13	24.6	33:08	8	6:43	25.4
5 (87)	5:48	11	2:03	54.7	38:56	8	8:33	28.1
6 (94)	5:30	5	0:29	9.6	44:26	7	9:02	25.5
7 (97)	6:08	5	0:46	14.3	50:34	7	9:48	24.0
8 (100)	3:12	5	0:15	8.5	53:46	7	10:03	23.0
9 (96)	2:13	5	0:11	9.0	55:59	7	10:13	22.3
10 (95)	4:12	8	1:05	34.8	1:00:11	7	10:22	20.8
11 (85)	13:18	14	8:08	157.4	1:13:29	9	18:30	33.7
12 (75)	5:09	11	1:48	53.7	1:18:38	9	20:13	34.6
□□	0:58	11	0:15	34.9	1:19:36	9	20:28	34.6