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Hennseler, Martin

□□: MTV Seesen

□□□: 1:21:36

□□□□: 9:30 min/km

□□: 8.58 km / 12 □□

□□□□:

Herren ab 40

□□□□□: 10(of 16)

□□□□□□: 59:08

□□: 22:28

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (40)	7:26	11	3:13	76.3	7:26	11	3:13	76.3
2 (32)	5:22	7	1:20	33.1	12:48	11	4:26	53.0
3 (37)	6:03	10	1:40	38.0	18:51	11	5:44	43.7
4 (83)	17:41	11	4:35	35.0	36:32	10	10:07	38.3
5 (87)	4:57	7	1:12	32.0	41:29	9	11:06	36.5
6 (94)	7:13	12	2:12	43.9	48:42	10	13:18	37.6
7 (97)	7:34	10	2:12	41.0	56:16	10	15:30	38.0
8 (100)	3:51	10	0:54	30.5	1:00:07	10	16:24	37.5
9 (96)	3:14	10	1:12	59.0	1:03:21	10	17:35	38.4
10 (95)	5:18	11	2:11	70.1	1:08:39	10	18:50	37.8
11 (85)	7:18	9	2:08	41.3	1:15:57	10	20:58	38.1
12 (75)	4:53	10	1:32	45.8	1:20:50	10	22:25	38.4
□□	0:46	4	0:03	7.0	1:21:36	10	22:28	38.0