



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Zschäckel, Raik

□□: IHW Alex Berlin

□□□: 55:10

□□□□: 6:38 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 2(of 51)

□□□□□□□: 53:25

□□: 1:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	4:13	8	0:32	14.5	4:13	8	0:32	14.5
2 (44)	0:51	8	0:07	15.9	5:04	7	0:35	13.0
3 (32)	4:28	4	0:38	16.5	9:32	5	1:08	13.5
4 (33)	2:39	3	0:06	3.9	12:11	2	1:14	11.3
5 (43)	3:55	1	-	-	16:06	1	-	-
6 (56)	5:52	5	0:38	12.1	21:58	3	0:20	1.5
7 (55)	1:52	5	0:08	7.7	23:50	3	0:26	1.9
8 (92)	9:46	3	0:16	2.8	33:36	3	0:42	2.1
9 (93)	3:02	3	0:10	5.8	36:38	3	0:38	1.8
10 (85)	2:36	5	0:13	9.1	39:14	3	0:51	2.2
11 (90)	5:31	4	0:18	5.8	44:45	3	1:00	2.3
12 (81)	1:08	10	0:13	23.6	45:53	3	1:10	2.6
13 (76)	5:23	2	0:25	8.4	51:16	3	1:35	3.2
14 (75)	3:09	6	0:10	5.6	54:25	2	1:45	3.3
□□	0:45	3	0:11	32.4	55:10	2	1:45	3.3