



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Zimmerling, Holger

□□: Post SV Dresden

□□□: 57:27

□□□□: 6:55 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 5(of 51)

□□□□□□□: 53:25

□□: 4:02

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	3:45	2	0:04	1.8	3:45	2	0:04	1.8
2 (44)	0:46	4	0:02	4.6	4:31	2	0:02	0.7
3 (32)	3:53	2	0:03	1.3	8:24	1	-	-
4 (33)	2:33	1	-	-	10:57	1	-	-
5 (43)	5:51	21	1:56	49.4	16:48	4	0:42	4.4
6 (56)	6:01	8	0:47	15.0	22:49	4	1:11	5.5
7 (55)	1:50	3	0:06	5.8	24:39	4	1:15	5.3
8 (92)	9:54	4	0:24	4.2	34:33	4	1:39	5.0
9 (93)	3:15	12	0:23	13.4	37:48	4	1:48	5.0
10 (85)	2:44	8	0:21	14.7	40:32	4	2:09	5.6
11 (90)	5:40	5	0:27	8.6	46:12	4	2:27	5.6
12 (81)	1:22	16	0:27	49.1	47:34	4	2:51	6.4
13 (76)	5:56	10	0:58	19.5	53:30	4	3:49	7.7
14 (75)	3:07	4	0:08	4.5	56:37	5	3:57	7.5
□□	0:50	12	0:16	47.1	57:27	5	4:02	7.6