



BRL - Hetzdorf  
 Hetzdorf / 10.05.2015

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Zöphel, Friederike

□□: SSV Planeta Radebeul

□□□: 56:10

□□□□: 10:38 min/km

□□: 5.28 km / 11 □□

□□□□:

Damen bis 16

□□□□□: 4(of 23)

□□□□□□□: 39:30

□□: 16:40

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	4:59	3	0:23	8.3	4:59	3	0:23	8.3
2 (37)	7:16	5	2:33	54.1	12:15	5	2:56	31.5
3 (41)	6:20	2	0:58	18.0	18:35	2	3:54	26.6
4 (54)	5:36	4	1:18	30.2	24:11	3	5:12	27.4
5 (56)	1:27	9	0:45	107.1	25:38	3	5:57	30.2
6 (71)	4:57	12	1:51	59.7	30:35	3	7:48	34.2
7 (70)	2:28	12	1:06	80.5	33:03	4	8:54	36.9
8 (77)	5:40	12	2:46	95.4	38:43	4	11:40	43.1
9 (83)	8:31	10	2:46	48.1	47:14	4	14:26	44.0
10 (76)	2:53	4	0:32	22.7	50:07	4	14:51	42.1
11 (75)	4:59	12	1:39	49.5	55:06	4	16:21	42.2
□□	1:04	17	0:20	45.5	56:10	4	16:40	42.2