



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Casanova, Valerio

□□: OLG Regensburg

□□□: 1:09:23

□□□□: 8:21 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 16(of 51)

□□□□□□□: 53:25

□□: 15:58

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:11	18	1:30	40.7	5:11	18	1:30	40.7
2 (44)	1:04	19	0:20	45.5	6:15	16	1:46	39.4
3 (32)	5:57	27	2:07	55.2	12:12	20	3:48	45.2
4 (33)	3:51	26	1:18	51.0	16:03	20	5:06	46.6
5 (43)	6:06	25	2:11	55.7	22:09	22	6:03	37.6
6 (56)	7:36	25	2:22	45.2	29:45	20	8:07	37.5
7 (55)	2:35	25	0:51	49.0	32:20	21	8:56	38.2
8 (92)	12:06	17	2:36	27.4	44:26	21	11:32	35.1
9 (93)	3:54	21	1:02	36.1	48:20	21	12:20	34.3
10 (85)	2:50	10	0:27	18.9	51:10	19	12:47	33.3
11 (90)	6:04	8	0:51	16.3	57:14	17	13:29	30.8
12 (81)	1:12	12	0:17	30.9	58:26	16	13:43	30.7
13 (76)	6:09	14	1:11	23.8	1:04:35	16	14:54	30.0
14 (75)	3:57	24	0:58	32.4	1:08:32	16	15:52	30.1
□□	0:51	16	0:17	50.0	1:09:23	16	15:58	29.9