



BRL - Hetzdorf  
 Hetzdorf / 10.05.2015

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Janischowsky, Klemens

□□: OLG Regensburg

□□□: 1:09:29

□□□□: 8:22 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 17(of 51)

□□□□□□: 53:25

□□: 16:04

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:21	27	1:40	45.3	5:21	27	1:40	45.3
2 (44)	0:53	9	0:09	20.5	6:14	15	1:45	39.0
3 (32)	5:10	14	1:20	34.8	11:24	16	3:00	35.7
4 (33)	3:21	15	0:48	31.4	14:45	15	3:48	34.7
5 (43)	5:05	15	1:10	29.8	19:50	15	3:44	23.2
6 (56)	6:47	13	1:33	29.6	26:37	14	4:59	23.0
7 (55)	2:29	24	0:45	43.3	29:06	15	5:42	24.4
8 (92)	13:21	25	3:51	40.5	42:27	18	9:33	29.0
9 (93)	3:35	15	0:43	25.0	46:02	17	10:02	27.9
10 (85)	3:12	20	0:49	34.3	49:14	17	10:51	28.3
11 (90)	8:20	29	3:07	59.7	57:34	19	13:49	31.6
12 (81)	1:19	15	0:24	43.6	58:53	17	14:10	31.7
13 (76)	6:30	17	1:32	30.9	1:05:23	17	15:42	31.6
14 (75)	3:32	12	0:33	18.4	1:08:55	17	16:15	30.9
□□	0:34	1	-	-	1:09:29	17	16:04	30.1