



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Matthews, Johannes

□□: OLV Potsdam

□□□: 1:17:52

□□□□: 9:22 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 24(of 51)

□□□□□□□: 53:25

□□: 24:27

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:38	33	1:57	52.9	5:38	33	1:57	52.9
2 (44)	0:47	6	0:03	6.8	6:25	20	1:56	43.1
3 (32)	5:08	12	1:18	33.9	11:33	17	3:09	37.5
4 (33)	6:47	42	4:14	166.0	18:20	31	7:23	67.4
5 (43)	4:01	3	0:06	2.6	22:21	23	6:15	38.8
6 (56)	5:58	7	0:44	14.0	28:19	17	6:41	30.9
7 (55)	2:16	18	0:32	30.8	30:35	17	7:11	30.7
8 (92)	11:24	13	1:54	20.0	41:59	17	9:05	27.6
9 (93)	6:06	42	3:14	112.8	48:05	19	12:05	33.6
10 (85)	6:46	41	4:23	183.9	54:51	25	16:28	42.9
11 (90)	9:23	33	4:10	79.9	1:04:14	26	20:29	46.8
12 (81)	1:45	23	0:50	90.9	1:05:59	25	21:16	47.6
13 (76)	7:10	22	2:12	44.3	1:13:09	25	23:28	47.2
14 (75)	3:53	20	0:54	30.2	1:17:02	24	24:22	46.3
□□	0:50	12	0:16	47.1	1:17:52	24	24:27	45.8