



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Röhl, Stefan

□□: OLF Mainz

□□□: 1:18:12

□□□□: 9:25 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 25(of 51)

□□□□□□□: 53:25

□□: 24:47

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:20	25	1:39	44.8	5:20	25	1:39	44.8
2 (44)	2:20	34	1:36	218.2	7:40	32	3:11	71.0
3 (32)	5:50	24	2:00	52.2	13:30	27	5:06	60.7
4 (33)	3:55	29	1:22	53.6	17:25	27	6:28	59.1
5 (43)	6:11	28	2:16	57.9	23:36	27	7:30	46.6
6 (56)	8:28	34	3:14	61.8	32:04	28	10:26	48.2
7 (55)	2:54	32	1:10	67.3	34:58	28	11:34	49.4
8 (92)	12:23	22	2:53	30.4	47:21	26	14:27	43.9
9 (93)	4:01	22	1:09	40.1	51:22	26	15:22	42.7
10 (85)	3:38	26	1:15	52.5	55:00	26	16:37	43.3
11 (90)	7:34	25	2:21	45.1	1:02:34	24	18:49	43.0
12 (81)	2:29	34	1:34	170.9	1:05:03	24	20:20	45.5
13 (76)	7:38	28	2:40	53.7	1:12:41	24	23:00	46.3
14 (75)	4:30	33	1:31	50.8	1:17:11	25	24:31	46.6
□□	1:01	37	0:27	79.4	1:18:12	25	24:47	46.4