



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Heinert, Uwe

□□: OLV Weimar

□□□: 1:21:12

□□□□: 9:46 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 28(of 51)

□□□□□□□: 53:25

□□: 27:47

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:22	28	1:41	45.7	5:22	28	1:41	45.7
2 (44)	0:49	7	0:05	11.4	6:11	14	1:42	37.9
3 (32)	5:05	10	1:15	32.6	11:16	14	2:52	34.1
4 (33)	3:15	11	0:42	27.5	14:31	14	3:34	32.6
5 (43)	6:59	34	3:04	78.3	21:30	18	5:24	33.5
6 (56)	9:23	39	4:09	79.3	30:53	26	9:15	42.8
7 (55)	2:59	34	1:15	72.1	33:52	26	10:28	44.7
8 (92)	16:07	39	6:37	69.7	49:59	32	17:05	51.9
9 (93)	4:21	29	1:29	51.7	54:20	32	18:20	50.9
10 (85)	4:48	35	2:25	101.4	59:08	31	20:45	54.1
11 (90)	7:27	23	2:14	42.8	1:06:35	29	22:50	52.2
12 (81)	1:46	24	0:51	92.7	1:08:21	29	23:38	52.9
13 (76)	8:14	32	3:16	65.8	1:16:35	28	26:54	54.1
14 (75)	3:45	16	0:46	25.7	1:20:20	28	27:40	52.5
□□	0:52	17	0:18	52.9	1:21:12	28	27:47	52.0