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Schwarck, Manfred

□□: OLG Regensburg

□□□: 1:22:47

□□□□: 9:58 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 30(of 51)

□□□□□□□: 53:25

□□: 29:22

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:49	37	2:08	57.9	5:49	37	2:08	57.9
2 (44)	2:33	36	1:49	247.7	8:22	37	3:53	86.6
3 (32)	6:05	29	2:15	58.7	14:27	33	6:03	72.0
4 (33)	3:21	15	0:48	31.4	17:48	28	6:51	62.6
5 (43)	7:02	35	3:07	79.6	24:50	29	8:44	54.2
6 (56)	7:33	23	2:19	44.3	32:23	30	10:45	49.7
7 (55)	3:41	43	1:57	112.5	36:04	32	12:40	54.1
8 (92)	13:22	26	3:52	40.7	49:26	30	16:32	50.3
9 (93)	4:35	31	1:43	59.9	54:01	31	18:01	50.1
10 (85)	3:41	27	1:18	54.6	57:42	29	19:19	50.3
11 (90)	7:33	24	2:20	44.7	1:05:15	27	21:30	49.1
12 (81)	2:02	31	1:07	121.8	1:07:17	27	22:34	50.5
13 (76)	10:21	41	5:23	108.4	1:17:38	30	27:57	56.3
14 (75)	4:14	30	1:15	41.9	1:21:52	30	29:12	55.4
□□	0:55	24	0:21	61.8	1:22:47	30	29:22	55.0