



□□□□

Hennes, Michael

□□: ARDOC St.Vith

□□□: 1:24:58

□□□□: 10:14 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 31(of 51)

□□□□□□□: 53:25

□□: 31:33

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	5:01	15	1:20	36.2	5:01	15	1:20	36.2
2 (44)	2:33	36	1:49	247.7	7:34	31	3:05	68.8
3 (32)	5:47	23	1:57	50.9	13:21	26	4:57	58.9
4 (33)	3:33	19	1:00	39.2	16:54	23	5:57	54.3
5 (43)	6:10	26	2:15	57.5	23:04	26	6:58	43.3
6 (56)	6:57	18	1:43	32.8	30:01	21	8:23	38.8
7 (55)	1:55	8	0:11	10.6	31:56	20	8:32	36.5
8 (92)	16:08	40	6:38	69.8	48:04	27	15:10	46.1
9 (93)	5:31	40	2:39	92.4	53:35	29	17:35	48.8
10 (85)	4:48	35	2:25	101.4	58:23	30	20:00	52.1
11 (90)	9:45	35	4:32	86.9	1:08:08	31	24:23	55.7
12 (81)	1:49	26	0:54	98.2	1:09:57	31	25:14	56.4
13 (76)	9:13	39	4:15	85.6	1:19:10	31	29:29	59.3
14 (75)	4:51	38	1:52	62.6	1:24:01	31	31:21	59.5
□□	0:57	28	0:23	67.7	1:24:58	31	31:33	59.1