



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Heinemann, Ulf

□□: SV Robotron Dresden

□□□: 1:30:09

□□□□: 10:51 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 36(of 51)

□□□□□□: 53:25

□□: 36:44

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	6:36	42	2:55	79.2	6:36	42	2:55	79.2
2 (44)	1:16	23	0:32	72.7	7:52	33	3:23	75.5
3 (32)	6:54	35	3:04	80.0	14:46	34	6:22	75.8
4 (33)	4:00	32	1:27	56.9	18:46	33	7:49	71.4
5 (43)	7:53	40	3:58	101.3	26:39	35	10:33	65.5
6 (56)	9:30	40	4:16	81.5	36:09	35	14:31	67.1
7 (55)	3:04	36	1:20	76.9	39:13	35	15:49	67.6
8 (92)	14:51	34	5:21	56.3	54:04	35	21:10	64.3
9 (93)	4:38	32	1:46	61.6	58:42	36	22:42	63.1
10 (85)	6:05	39	3:42	155.2	1:04:47	36	26:24	68.8
11 (90)	9:24	34	4:11	80.2	1:14:11	36	30:26	69.6
12 (81)	2:28	33	1:33	169.1	1:16:39	37	31:56	71.4
13 (76)	8:07	31	3:09	63.4	1:24:46	36	35:05	70.6
14 (75)	4:28	32	1:29	49.7	1:29:14	35	36:34	69.4
□□	0:55	24	0:21	61.8	1:30:09	36	36:44	68.8