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Heinert, Mike

□□: OLV Weimar

□□□: 1:58:40

□□□□: 14:17 min/km

□□: 8.30 km / 14 □□

□□□□:

Herren ab 45

□□□□□: 43(of 51)

□□□□□□□: 53:25

□□: 1:05:15

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	28:27	44	24:46	672.4	28:27	44	24:46	672.4
2 (44)	0:58	15	0:14	31.8	29:25	44	24:56	556.1
3 (32)	7:00	36	3:10	82.6	36:25	44	28:01	333.5
4 (33)	3:53	28	1:20	52.3	40:18	44	29:21	268.0
5 (43)	9:07	42	5:12	132.8	49:25	44	33:19	206.9
6 (56)	8:26	33	3:12	61.2	57:51	44	36:13	167.4
7 (55)	3:13	41	1:29	85.6	1:01:04	44	37:40	161.0
8 (92)	15:53	38	6:23	67.2	1:16:57	44	44:03	133.9
9 (93)	4:50	35	1:58	68.6	1:21:47	43	45:47	127.2
10 (85)	4:15	33	1:52	78.3	1:26:02	43	47:39	124.1
11 (90)	9:50	36	4:37	88.5	1:35:52	43	52:07	119.1
12 (81)	4:27	43	3:32	385.5	1:40:19	43	55:36	124.3
13 (76)	10:24	42	5:26	109.4	1:50:43	43	1:01:02	122.8
14 (75)	6:36	43	3:37	121.2	1:57:19	43	1:04:39	122.8
□□	1:21	43	0:47	138.2	1:58:40	43	1:05:15	122.2