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Frenzel, Frank-Peter

□□: TOLF Berlin

□□□: 1:04:21

□□□□: 10:05 min/km

□□: 6.38 km / 13 □□

□□□□:

Herren ab 50

□□□□□: 11(of 29)

□□□□□□□: 51:58

□□: 12:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	3:13	6	0:20	11.6	3:13	6	0:20	11.6
2 (47)	4:02	4	0:26	12.0	7:15	5	0:32	7.9
3 (44)	1:06	7	0:24	57.1	8:21	5	0:25	5.3
4 (32)	7:31	21	3:05	69.6	15:52	10	3:02	23.6
5 (34)	4:19	13	1:05	33.5	20:11	10	4:00	24.7
6 (56)	13:26	15	4:11	45.2	33:37	10	7:21	28.0
7 (71)	3:54	9	1:01	35.3	37:31	10	8:22	28.7
8 (63)	3:17	10	0:51	34.9	40:48	9	9:13	29.2
9 (62)	3:15	8	0:52	36.4	44:03	8	7:43	21.2
10 (67)	2:18	12	0:52	60.5	46:21	8	7:32	19.4
11 (77)	4:58	24	2:49	131.0	51:19	12	10:21	25.3
12 (76)	7:33	10	1:15	19.8	58:52	11	10:59	22.9
13 (75)	4:37	18	1:53	68.9	1:03:29	11	12:16	24.0
□□	0:52	12	0:10	23.8	1:04:21	11	12:23	23.8