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Kapischke, Andreas

□□: OK Mark Brandenburg

□□□: 1:12:23

□□□□: 11:20 min/km

□□: 6.38 km / 13 □□

□□□□:

Herren ab 50

□□□□□: 16(of 29)

□□□□□□□: 51:58

□□: 20:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	3:58	16	1:05	37.6	3:58	16	1:05	37.6
2 (47)	6:02	19	2:26	67.6	10:00	19	3:17	48.9
3 (44)	3:57	25	3:15	464.3	13:57	21	6:01	75.8
4 (32)	6:02	9	1:36	36.1	19:59	19	7:09	55.7
5 (34)	4:13	12	0:59	30.4	24:12	18	8:01	49.5
6 (56)	14:14	18	4:59	53.9	38:26	19	12:10	46.3
7 (71)	4:18	16	1:25	49.1	42:44	17	13:35	46.6
8 (63)	3:33	16	1:07	45.9	46:17	17	14:42	46.5
9 (62)	5:22	24	2:59	125.2	51:39	17	15:19	42.2
10 (67)	2:19	13	0:53	61.6	53:58	17	15:09	39.0
11 (77)	3:19	15	1:10	54.3	57:17	17	16:19	39.8
12 (76)	9:10	15	2:52	45.5	1:06:27	16	18:34	38.8
13 (75)	4:57	23	2:13	81.1	1:11:24	16	20:11	39.4
□□	0:59	19	0:17	40.5	1:12:23	16	20:25	39.3