



BRL - Hetzdorf  
 Hetzdorf / 10.05.2015

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Ziesche, Jürgen

□□: ESV Lok Berlin-Schönevide

□□□: 49:03

□□□□: 9:07 min/km

□□: 5.38 km / 9 □□

□□□□:

Herren ab 60

□□□□□: 5(of 17)

□□□□□□□: 40:53

□□: 8:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	3:44	5	0:48	27.3	3:44	5	0:48	27.3
2 (33)	3:35	5	0:34	18.8	7:19	5	1:22	23.0
3 (51)	10:53	4	1:39	17.9	18:12	4	2:38	16.9
4 (52)	3:23	10	1:36	89.7	21:35	5	4:14	24.4
5 (65)	9:09	11	3:21	57.8	30:44	6	7:35	32.8
6 (88)	5:40	5	1:04	23.2	36:24	5	8:39	31.2
7 (85)	6:07	4	0:50	15.8	42:31	5	7:10	20.3
8 (84)	2:21	4	0:21	17.5	44:52	5	7:31	20.1
9 (75)	3:08	5	0:30	19.0	48:00	5	7:53	19.7
□□	1:03	7	0:18	40.0	49:03	5	8:10	20.0