



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Friedrichs, Detlev

□□: MTV Seesen

□□□: 53:36

□□□□: 9:57 min/km

□□: 5.38 km / 9 □□

□□□□:

Herren ab 60

□□□□□: 7(of 17)

□□□□□□□: 40:53

□□: 12:43

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	3:49	6	0:53	30.1	3:49	6	0:53	30.1
2 (33)	4:13	6	1:12	39.8	8:02	6	2:05	35.0
3 (51)	12:39	7	3:25	37.0	20:41	6	5:07	32.9
4 (52)	2:51	8	1:04	59.8	23:32	6	6:11	35.6
5 (65)	8:46	8	2:58	51.2	32:18	7	9:09	39.5
6 (88)	6:44	9	2:08	46.4	39:02	7	11:17	40.7
7 (85)	7:31	8	2:14	42.3	46:33	8	11:12	31.7
8 (84)	2:24	5	0:24	20.0	48:57	7	11:36	31.1
9 (75)	3:37	7	0:59	37.3	52:34	7	12:27	31.0
□□	1:02	6	0:17	37.8	53:36	7	12:43	31.1