



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

□□□□

Seefeld, Karl-Heinz

□□: OLV Uslar

□□□: 1:13:06

□□□□: 13:35 min/km

□□: 5.38 km / 9 □□

□□□□:

Herren ab 60

□□□□□: 13(of 17)

□□□□□□□: 40:53

□□: 32:13

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	4:43	12	1:47	60.8	4:43	12	1:47	60.8
2 (33)	5:21	13	2:20	77.4	10:04	12	4:07	69.2
3 (51)	16:32	14	7:18	79.1	26:36	13	11:02	70.9
4 (52)	3:28	11	1:41	94.4	30:04	13	12:43	73.3
5 (65)	10:12	14	4:24	75.9	40:16	13	17:07	73.9
6 (88)	8:23	11	3:47	82.3	48:39	12	20:54	75.3
7 (85)	10:04	13	4:47	90.5	58:43	12	23:22	66.1
8 (84)	7:01	14	5:01	250.8	1:05:44	13	28:23	76.0
9 (75)	5:52	13	3:14	122.8	1:11:36	13	31:29	78.5
□□	1:30	15	0:45	100.0	1:13:06	13	32:13	78.8