



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Schlaefke, Dieter

□□: DJK Adler Bottrop

□□□: 49:24

□□□□: 11:24 min/km

□□: 4.33 km / 9 □□

□□□□:

Herren ab 65

□□□□□: 5(of 11)

□□□□□□□: 41:30

□□: 7:54

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	4:40	7	1:04	29.6	4:40	7	1:04	29.6
2 (43)	7:32	5	1:20	21.5	12:12	6	2:15	22.6
3 (46)	4:30	7	0:40	17.4	16:42	6	2:40	19.0
4 (56)	5:51	3	0:24	7.3	22:33	4	2:28	12.3
5 (82)	7:42	5	0:41	9.7	30:15	5	2:54	10.6
6 (83)	2:24	7	0:36	33.3	32:39	5	3:18	11.2
7 (85)	9:20	10	4:59	114.6	41:59	7	7:50	22.9
8 (84)	3:03	4	0:23	14.4	45:02	5	7:56	21.4
9 (75)	3:22	3	0:14	7.5	48:24	5	7:48	19.2
□□	1:00	4	0:10	20.0	49:24	5	7:54	19.0