



BRL - Hetzdorf  
 Hetzdorf / 10.05.2015

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Fillinger, Helmut

□□: IHW Alex Berlin

□□□: 44:05

□□□□: 13:26 min/km

□□: 3.28 km / 8 □□

□□□□:

Herren ab 70

□□□□□: 6(of 11)

□□□□□□□: 35:11

□□: 8:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	4:05	8	0:37	17.8	4:05	8	0:37	17.8
2 (54)	5:43	7	1:16	28.5	9:48	6	1:40	20.5
3 (55)	1:58	8	0:32	37.2	11:46	6	2:08	22.2
4 (70)	3:09	5	0:46	32.2	14:55	5	2:36	21.1
5 (65)	7:47	10	3:06	66.2	22:42	6	5:40	33.3
6 (77)	2:34	3	0:30	24.2	25:16	6	6:10	32.3
7 (76)	11:14	7	1:57	21.0	36:30	6	8:07	28.6
8 (75)	6:22	8	1:54	42.5	42:52	6	9:02	26.7
□□	1:13	5	0:09	14.1	44:05	6	8:54	25.3