



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Thiel, Rolf

□□: IHW Alex Berlin

□□□: 51:56

□□□□: 15:50 min/km

□□: 3.28 km / 8 □□

□□□□:

Herren ab 70

□□□□□: 10(of 11)

□□□□□□□: 35:11

□□: 16:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	5:00	9	1:32	44.2	5:00	9	1:32	44.2
2 (54)	7:04	9	2:37	58.8	12:04	8	3:56	48.4
3 (55)	2:02	9	0:36	41.9	14:06	8	4:28	46.4
4 (70)	4:12	9	1:49	76.2	18:18	8	5:59	48.6
5 (65)	7:43	9	3:02	64.8	26:01	9	8:59	52.7
6 (77)	3:48	9	1:44	83.9	29:49	9	10:43	56.1
7 (76)	13:38	10	4:21	46.9	43:27	10	15:04	53.1
8 (75)	6:58	9	2:30	56.0	50:25	10	16:35	49.0
□□	1:31	10	0:27	42.2	51:56	10	16:45	47.6