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Ahlburg, Martin

□□: IHW Alex Berlin

□□□: 44:49

□□□□: 7:25 min/km

□□: 6.03 km / 11 □□

□□□□:

Herren ab 21 AKurz

□□□□□: 2(of 25)

□□□□□□□: 43:10

□□: 1:39

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	□□	-	-	%	□□	-	-	%
1 (47)	4:00	1	-	-	4:00	1	-	-
2 (38)	1:48	7	0:32	42.1	5:48	2	0:10	3.0
3 (32)	3:55	5	0:29	14.1	9:43	2	0:16	2.8
4 (34)	3:08	1	-	-	12:51	1	-	-
5 (41)	4:40	1	-	-	17:31	1	-	-
6 (51)	7:43	6	1:23	21.8	25:14	2	1:05	4.5
7 (52)	1:44	2	0:01	1.0	26:58	2	1:06	4.3
8 (70)	7:23	7	1:20	22.0	34:21	2	1:39	5.1
9 (71)	1:34	6	0:21	28.8	35:55	2	2:00	5.9
10 (82)	3:21	1	-	-	39:16	2	1:41	4.5
11 (75)	4:48	2	0:06	2.1	44:04	2	1:47	4.2
□□	0:45	6	0:08	21.6	44:49	2	1:39	3.8