



□□□□

Lange, Udo

□□: IHW Alex Berlin

□□□: 46:12

□□□□: 7:39 min/km

□□: 6.03 km / 11 □□

□□□□:

Herren ab 21 AKurz

□□□□□: 3(of 25)

□□□□□□: 43:10

□□: 3:02

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (47)	6:58	18	2:58	74.2	6:58	18	2:58	74.2
2 (38)	1:16	1	-	-	8:14	13	2:36	46.2
3 (32)	3:31	2	0:05	2.4	11:45	8	2:18	24.3
4 (34)	4:00	5	0:52	27.7	15:45	6	2:54	22.6
5 (41)	4:56	3	0:16	5.7	20:41	4	3:10	18.1
6 (51)	6:22	2	0:02	0.5	27:03	3	2:54	12.0
7 (52)	1:50	4	0:07	6.8	28:53	3	3:01	11.7
8 (70)	6:03	1	-	-	34:56	3	2:14	6.8
9 (71)	1:35	7	0:22	30.1	36:31	3	2:36	7.7
10 (82)	3:50	4	0:29	14.4	40:21	3	2:46	7.4
11 (75)	5:02	3	0:20	7.1	45:23	3	3:06	7.3
□□	0:49	8	0:12	32.4	46:12	3	3:02	7.0