



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Karassek, Ralf

□□: SV Handwerk Erfurt

□□□: 1:33:43

□□□□: 15:32 min/km

□□: 6.03 km / 11 □□

□□□□:

Herren ab 21 AKurz

□□□□□: 22(of 25)

□□□□□□□: 43:10

□□: 50:33

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	8:14	22	4:14	105.8	8:14	22	4:14	105.8
2 (38)	3:56	21	2:40	210.5	12:10	22	6:32	116.0
3 (32)	7:35	21	4:09	120.9	19:45	21	10:18	109.0
4 (34)	5:48	18	2:40	85.1	25:33	20	12:42	98.8
5 (41)	19:02	22	14:22	307.9	44:35	22	27:04	154.5
6 (51)	12:03	22	5:43	90.3	56:38	22	32:29	134.5
7 (52)	2:54	17	1:11	68.9	59:32	22	33:40	130.2
8 (70)	11:53	22	5:50	96.4	1:11:25	22	38:43	118.4
9 (71)	2:26	16	1:13	100.0	1:13:51	22	39:56	117.7
10 (82)	8:55	22	5:34	166.2	1:22:46	22	45:11	120.2
11 (75)	9:35	21	4:53	103.9	1:32:21	22	50:04	118.4
□□	1:22	22	0:45	121.6	1:33:43	22	50:33	117.1