



BRL - Hetzdorf
Hetzdorf / 10.05.2015

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Röhner, Uwe

□□: IHW Alex Berlin

□□□: 1:27:09

□□□□: 8:26 min/km

□□: 10.33 km / 13 □□

□□□□:

Herren ab 21 ALang

□□□□□: 11(of 22)

□□□□□□□: 1:11:20

□□: 15:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (42)	4:37	9	0:49	21.5	4:37	9	0:49	21.5
2 (44)	2:22	13	0:47	49.5	6:59	11	1:04	18.0
3 (33)	6:25	9	0:45	13.2	13:24	9	1:36	13.6
4 (45)	7:41	11	1:38	27.0	21:05	9	3:14	18.1
5 (51)	3:29	11	0:40	23.7	24:34	9	3:51	18.6
6 (53)	5:46	20	2:58	106.0	30:20	11	6:36	27.8
7 (94)	20:53	9	3:44	21.8	51:13	10	10:11	24.8
8 (97)	7:03	9	1:42	31.8	58:16	11	9:14	18.8
9 (100)	3:19	8	0:52	35.4	1:01:35	11	9:56	19.2
10 (102)	5:19	8	1:08	27.1	1:06:54	11	10:06	17.8
11 (87)	11:21	12	3:03	36.8	1:18:15	11	11:35	17.4
12 (85)	1:42	18	0:57	126.7	1:19:57	11	12:18	18.2
13 (75)	6:15	19	3:25	120.6	1:26:12	11	15:35	22.1
□□	0:57	19	0:19	50.0	1:27:09	11	15:49	22.2