



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Penning, Alvar

□□: TuS Lübbecke

□□□: 1:54:37

□□□□: 11:05 min/km

□□: 10.33 km / 13 □□

□□□□:

Herren ab 21 ALang

□□□□□: 18(of 22)

□□□□□□□: 1:11:20

□□: 43:17

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	□□	-	-	%	□□	-	-	%
1 (42)	7:16	18	3:28	91.2	7:16	18	3:28	91.2
2 (44)	2:51	18	1:16	80.0	10:07	19	4:12	71.0
3 (33)	7:04	13	1:24	24.7	17:11	16	5:23	45.6
4 (45)	9:32	17	3:29	57.6	26:43	17	8:52	49.7
5 (51)	4:05	15	1:16	45.0	30:48	15	10:05	48.7
6 (53)	4:56	14	2:08	76.2	35:44	16	12:00	50.6
7 (94)	26:11	18	9:02	52.7	1:01:55	17	20:53	50.9
8 (97)	12:17	20	6:56	129.6	1:14:12	17	25:10	51.3
9 (100)	9:23	20	6:56	283.0	1:23:35	19	31:56	61.8
10 (102)	7:18	16	3:07	74.5	1:30:53	19	34:05	60.0
11 (87)	16:14	18	7:56	95.6	1:47:07	20	40:27	60.7
12 (85)	1:30	17	0:45	100.0	1:48:37	20	40:58	60.6
13 (75)	5:04	17	2:14	78.8	1:53:41	20	43:04	61.0
□□	0:56	18	0:18	47.4	1:54:37	20	43:17	60.7