



BRL - Hetzdorf  
Hetzdorf / 10.05.2015

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Friedrichs, Bjarne

□□: MTV Seesen

□□□: 1:23:35

□□□□: 5:53 min/km

□□: 14.20 km / 18 □□

□□□□:

Herren Elite

□□□□□: 3(of 23)

□□□□□□□: 1:18:50

□□: 4:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (40)	3:33	4	0:10	4.9	3:33	4	0:10	4.9
2 (31)	5:07	7	0:19	6.6	8:40	4	0:25	5.1
3 (33)	2:34	5	0:18	13.2	11:14	5	0:43	6.8
4 (39)	2:20	4	0:09	6.9	13:34	5	0:37	4.8
5 (53)	7:55	7	0:27	6.0	21:29	5	0:44	3.5
6 (62)	4:11	2	0:06	2.5	25:40	3	0:35	2.3
7 (64)	2:35	1	-	-	28:15	3	0:20	1.2
8 (101)	16:53	4	1:39	10.8	45:08	2	1:50	4.2
9 (97)	2:26	4	0:06	4.3	47:34	2	1:56	4.2
10 (100)	2:15	1	-	-	49:49	2	1:49	3.8
11 (104)	6:33	5	0:36	10.1	56:22	2	2:25	4.5
12 (105)	0:47	4	0:03	6.8	57:09	2	2:28	4.5
13 (103)	4:29	5	0:24	9.8	1:01:38	2	2:52	4.9
14 (102)	5:52	4	0:39	12.5	1:07:30	3	3:21	5.2
15 (93)	6:33	4	0:42	12.0	1:14:03	3	4:03	5.8
16 (83)	4:19	3	0:22	9.3	1:18:22	3	4:25	6.0
17 (76)	1:57	4	0:08	7.3	1:20:19	3	4:33	6.0
18 (75)	2:37	7	0:09	6.1	1:22:56	3	4:41	6.0
□□	0:39	4	0:04	11.4	1:23:35	3	4:45	6.0