



BRL - Hetzdorf
 Hetzdorf / 10.05.2015

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Sihver, Ragnar

□□: Post SV Dresden

□□□: 52:22

□□□□: 12:28 min/km

□□: 4.20 km / 8 □□

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Direktbahn, lang & leicht

□□□□□: 4(of 16)

□□□□□□□: 35:47

□□: 16:35

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (69)	9:11	8	3:14	54.3	9:11	8	3:14	54.3
2 (79)	2:56	3	1:09	64.5	12:07	6	4:23	56.7
3 (77)	5:56	4	1:45	41.8	18:03	5	5:40	45.8
4 (67)	5:42	10	3:00	111.1	23:45	5	8:30	55.7
5 (80)	7:36	4	2:00	35.7	31:21	4	10:30	50.4
6 (91)	8:40	4	2:15	35.1	40:01	4	12:45	46.8
7 (83)	2:59	5	0:45	33.6	43:00	4	13:21	45.0
8 (75)	8:19	7	2:55	54.0	51:19	4	16:16	46.4
□□	1:03	9	0:22	53.7	52:22	4	16:35	46.3