



□□□□

Kapischke, Solveig

□□: OK Mark Brandenburg

□□□: 1:00:38

□□□□: 11:26 min/km

□□: 5.30 km / 9 □□

□□□□:

Damen ab 40

□□□□□: 5(of 12)

□□□□□□□: 44:50

□□: 15:48

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	5:11	8	1:51	55.5	5:11	8	1:51	55.5
2 (43)	10:07	8	4:21	75.4	15:18	9	5:28	55.6
3 (56)	8:06	4	1:05	15.4	23:24	7	6:12	36.1
4 (88)	11:44	5	3:59	51.4	35:08	5	8:34	32.3
5 (81)	2:59	5	0:39	27.9	38:07	5	8:47	29.9
6 (90)	2:13	5	0:26	24.3	40:20	5	8:57	28.5
7 (85)	10:19	8	3:00	41.0	50:39	5	11:57	30.9
8 (84)	5:11	12	3:05	146.8	55:50	7	15:02	36.9
9 (75)	3:54	5	0:58	33.0	59:44	5	15:50	36.1
□□	0:54	2	0:02	3.9	1:00:38	5	15:48	35.2