



Schönemann, Jörg

□□: Großfahner

□□: 50

□□: 14.00 km Hauptlauf

Senioren M55 (55-59 Jahre)

□□□: 1:21:55

□□: 10.25 km/h

□□□: 5:51 min/km

_____: 133 (of 218)

______: 118 (of 170)

[][][]: 51:37

□□□□: 13(of 21)

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	7.50	50:43	6:45	13	10:43	117	18:53	7.50	50:43	6:45	13	10:43	117	18:53
Ziel	6.50	31:12	4:47	12	6:41	121	11:25	14.00	1:21:55	5:51	13	17:10	118	30:18