



Elze, Alexandra

□□: Gotha
□□: 80

□□: 14.00 km Hauptlauf

Seniorinnen W45 (45-49 Jahre)

□□□: 1:36:50

□□: 8.67 km/h

□□□□: 6:55 min/km

______: 192 (of 218)

____/_: 39 (of 48)

| 1:02:46

□□□□: 6(of 7)

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	7.50	1:01:20	8:10	7	12:11	42	22:01	7.50	1:01:20	8:10	7	12:11	42	22:01
Ziel	6.50	35:30	5:27	5	5:23	36	12:06	14.00	1:36:50	6:54	6	17:34	39	34:04