



John, Heike

□□: USV Erfurt

□□: 74

□□: 14.00 km Hauptlauf

Seniorinnen W40 (40-44 Jahre)

□□□: 1:34:40

□□: 8.87 km/h

□□□□: 6:46 min/km

______: 127 (of 158)

____/_: 24 (of 38)

[][][]: 1:05:43

□□□□: 8(of 11)

DDDDD: 1:14:04

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	7.50	58:35	7:48	8	12:42	25	17:27	7.50	58:35	7:48	8	12:42	25	17:27
Ziel	6.50	36:05	5:33	8	7:54	24	11:30	14.00	1:34:40	6:45	8	20:36	24	28:57