



Rohde-Rusch, Denis

□□: Zella-Mehlis

□□: 79

□□: 14.00 km Hauptlauf

Senioren M40 (40-44 Jahre)

□□□: 1:47:09

□□: 7.84 km/h

□□□: 7:39 min/km

______: 154 (of 158)

____/_: 117 (of 120)

[][][]: 49:18

□□□□: 16(of 16)

| 1:00:44

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	7.50	1:05:59	8:47	16	27:47	117	34:09	7.50	1:05:59	8:47	16	27:47	117	34:09
Ziel	6.50	41:10	6:19	16	18:38	116	23:42	14.00	1:47:09	7:39	16	46:25	117	57:51