



Köber, Matthias

□□: Erfurt
□□: 105

□□: 14.00 km Hauptlauf

Senioren M50 (50-54 Jahre)

□□□: 1:48:54

□□: 7.71 km/h

□□□□: 7:47 min/km

________: 155 (of 158)
_________: 118 (of 120)

____: 49:18

|||||: 18(of 18)

____: 1:01:15

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	7.50	1:08:21	9:06	18	30:05	118	36:31	7.50	1:08:21	9:06	18	30:05	118	36:31
Ziel	6.50	40:33	6:14	18	17:34	115	23:05	14.00	1:48:54	7:46	18	47:39	118	59:36