



MTBO Deutschland Cup
Freiberg / 18.09.2016

□□□□

Lucassen, Thomas

□□: ESV Dresden

□□□: 30:59

□□□□: 8:36 min/km

□□: 3.60 km / 7 □□

□□□□:

D/H-11 (D/H -10)

□□□□□: 4(of 5)

□□□□□□□: 25:29

□□: 5:30

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	0:32	4	0:13	68.4	0:32	4	0:13	68.4
2 (40)	6:29	2	0:16	4.3	7:01	2	0:29	7.4
3 (41)	5:10	3	0:11	3.7	12:11	1	-	-
4 (42)	4:18	3	0:23	9.8	16:29	2	0:21	2.2
5 (43)	2:30	2	0:02	1.4	18:59	2	0:04	0.4
6 (44)	2:07	4	1:25	202.4	21:06	2	1:22	6.9
7 (45)	9:31	4	4:44	99.0	30:37	4	5:30	21.9
□□	0:22	2	0:01	4.8	30:59	4	5:30	21.6