



# MTBO Deutschland Cup

Freiberg / 18.09.2016

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Plötz, Gerhard

□□: OLV Potsdam

□□□: 55:23

□□□□: 8:01 min/km

□□: 6.90 km / 12 □□

□□□□:

H 60 (Herren ab 60)

□□□□□: 3(of 4)

□□□□□□□: 44:05

□□: 11:18

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	0:23	3	0:06	35.3	0:23	3	0:06	35.3
2 (40)	5:48	3	0:45	14.9	6:11	3	0:51	15.9
3 (33)	4:46	3	1:19	38.2	10:57	3	1:54	21.0
4 (38)	9:27	2	4:13	80.6	20:24	3	5:55	40.9
5 (39)	10:59	3	4:34	71.2	31:23	3	10:29	50.2
6 (37)	6:05	2	0:59	19.3	37:28	3	11:28	44.1
7 (41)	3:31	3	1:06	45.5	40:59	3	12:21	43.1
8 (32)	3:04	2	0:11	6.4	44:03	3	8:44	24.7
9 (42)	3:07	3	0:47	33.6	47:10	3	9:31	25.3
10 (43)	2:54	3	0:31	21.7	50:04	3	10:02	25.1
11 (44)	1:22	3	0:37	82.2	51:26	3	10:39	26.1
12 (45)	3:35	3	1:19	58.1	55:01	3	11:15	25.7
□□	0:22	3	0:03	15.8	55:23	3	11:18	25.6