



Glashagel, Angelo

□□: Nordhausen

□□: 370

□□: 6.60 km

2 Runden 6,6 km

Senioren M30

□□□: 38:04

□□: 9.46 km/h

□□□□: 5:46 min/km

_____: 40 (of 65)

________: 33 (of 42)

____: 24:07

□□□□: 6(of 6)

_____: 24:07

	km		min/km	-	-			km		min/km	-	-		
Rundenzeit	3.30	18:50	5:42	5	7:02	34	7:02	3.30	18:50	5:42	5	7:02	34	7:02
	3.30	19:14	5:49	6	6:55	33	6:55	6.60	38:04	5:46	6	13:57	33	13:57