



 Hedemann, Rico
 □□: 3:58:38

 □: Stuhr
 □: 10.81 km/h

[]: 43.00 km

Senioren M45 (45-49 Jahre) 000000: 2:59:41

	km		km/h	-	-			km		km/h	-	-		
1	11.60	1:04:44	10.20	14	19:19	68	19:19	11.60	1:04:44	10.20	14	19:19	68	19:19
□□ 2	9.90	57:35	9.38	10	15:21	52	15:21	21.50	2:02:19	10.30	12	34:40	58	34:40
<u> </u>	11.10	1:03:09	10.45	6	13:34	28	13:34	32.60	3:05:28	10.35	10	48:14	48	48:14
<pre>Inselhalle</pre>	10.40	53:10	11.29	5	10:43	24	10:43	43.00	3:58:38	10.81	9	58:57	41	58:57