



7. Bad Königer OL  
Bad König / 03.10.2017

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Könekamp, Dirk

□□: TUS Niederjosbach

□□□: 35:25

□□□□: 10:12 min/km

□□: 3.47 km / 19 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 2(of 6)

□□□□□□□: 27:13

□□: 8:12

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	1:43	3	0:20	24.1	1:43	3	0:20	24.1
2 (47)	1:16	2	0:14	22.6	2:59	2	0:34	23.5
3 (42)	1:01	4	0:20	48.8	4:00	3	0:54	29.0
4 (43)	3:23	4	1:13	56.2	7:23	3	2:07	40.2
5 (52)	1:37	3	0:28	40.6	9:00	3	2:35	40.3
6 (41)	1:24	3	0:10	13.5	10:24	3	2:45	36.0
7 (31)	1:15	4	0:17	29.3	11:39	3	3:02	35.2
8 (36)	1:23	2	0:09	12.2	13:02	2	3:11	32.3
9 (32)	1:07	4	0:19	39.6	14:09	2	3:30	32.9
10 (33)	2:13	2	0:29	27.9	16:22	2	3:59	32.2
11 (64)	0:26	3	0:08	44.4	16:48	2	4:07	32.5
12 (31)	1:16	3	0:14	22.6	18:04	2	4:21	31.7
13 (34)	2:47	3	0:43	34.7	20:51	2	5:04	32.1
14 (35)	4:38	4	1:38	54.4	25:29	3	6:42	35.7
15 (73)	1:59	2	0:32	36.8	27:28	2	7:14	35.8
16 (51)	3:14	1	-	-	30:42	2	7:04	29.9
17 (50)	0:56	2	0:04	7.7	31:38	2	7:08	29.1
18 (67)	1:36	3	0:32	50.0	33:14	2	7:40	30.0
19 (37)	1:34	3	0:25	36.2	34:48	2	8:05	30.3
□□	0:37	2	0:07	23.3	35:25	2	8:12	30.1