



7. Bad Königer OL
Bad König / 03.10.2017

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Könekamp, Friderike

□□: TUS Niederjosbach

□□□: 35:26

□□□□: 10:12 min/km

□□: 3.47 km / 19 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 3(of 6)

□□□□□□□: 27:13

□□: 8:13

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1 (39)	1:47	4	0:24	28.9	1:47	4	0:24	28.9
2 (47)	1:29	3	0:27	43.6	3:16	4	0:51	35.2
3 (42)	0:59	3	0:18	43.9	4:15	4	1:09	37.1
4 (43)	3:11	3	1:01	46.9	7:26	4	2:10	41.1
5 (52)	1:39	4	0:30	43.5	9:05	4	2:40	41.6
6 (41)	1:24	3	0:10	13.5	10:29	4	2:50	37.0
7 (31)	1:11	3	0:13	22.4	11:40	4	3:03	35.4
8 (36)	1:23	2	0:09	12.2	13:03	3	3:12	32.5
9 (32)	1:06	3	0:18	37.5	14:09	2	3:30	32.9
10 (33)	2:17	4	0:33	31.7	16:26	3	4:03	32.7
11 (64)	0:22	2	0:04	22.2	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)	2:54	4	0:50	40.3	20:58	3	5:11	32.8
14 (35)	4:30	3	1:30	50.0	25:28	2	6:41	35.6
15 (73)	2:01	4	0:34	39.1	27:29	3	7:15	35.8
16 (51)	3:14	1	-	-	30:43	3	7:05	30.0
17 (50)	1:00	3	0:08	15.4	31:43	3	7:13	29.5
18 (67)	1:36	3	0:32	50.0	33:19	3	7:45	30.3
19 (37)	1:29	2	0:20	29.0	34:48	2	8:05	30.3
□□	0:38	4	0:08	26.7	35:26	3	8:13	30.2