



7. Bad Königer OL
Bad König / 03.10.2017

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Kosch, Iris

□□: OLV Steinberg

□□□: 38:58

□□□□: 11:13 min/km

□□: 3.47 km / 19 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 4(of 6)

□□□□□□□: 27:13

□□: 11:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	1:35	2	0:12	14.5	1:35	2	0:12	14.5
2 (47)	1:30	4	0:28	45.2	3:05	3	0:40	27.6
3 (42)	0:51	2	0:10	24.4	3:56	2	0:50	26.9
4 (43)	2:48	2	0:38	29.2	6:44	2	1:28	27.9
5 (52)	1:30	2	0:21	30.4	8:14	2	1:49	28.3
6 (41)	1:18	2	0:04	5.4	9:32	2	1:53	24.6
7 (31)	1:08	2	0:10	17.2	10:40	2	2:03	23.8
8 (36)	5:57	6	4:43	382.4	16:37	4	6:46	68.7
9 (32)	1:02	2	0:14	29.2	17:39	4	7:00	65.7
10 (33)	2:15	3	0:31	29.8	19:54	4	7:31	60.7
11 (64)	0:26	3	0:08	44.4	20:20	4	7:39	60.3
12 (31)	1:11	2	0:09	14.5	21:31	4	7:48	56.9
13 (34)	2:44	2	0:40	32.3	24:15	4	8:28	53.6
14 (35)	3:41	2	0:41	22.8	27:56	4	9:09	48.7
15 (73)	1:59	2	0:32	36.8	29:55	4	9:41	47.9
16 (51)	4:08	4	0:54	27.8	34:03	4	10:25	44.1
17 (50)	1:12	4	0:20	38.5	35:15	4	10:45	43.9
18 (67)	1:31	2	0:27	42.2	36:46	4	11:12	43.8
19 (37)	1:35	4	0:26	37.7	38:21	4	11:38	43.5
□□	0:37	2	0:07	23.3	38:58	4	11:45	43.2