



7. Bad Königer OL  
Bad König / 03.10.2017

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Horst, Ingo

□□: SC Königstein

□□□: 37:00

□□□□: 6:18 min/km

□□: 5.86 km / 28 □□

□□□□:

H19 (Herren ab 19 Elite)

□□□□□: 2(of 5)

□□□□□□: 35:48

□□: 1:12

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	1:54	3	0:15	15.2	1:54	3	0:15	15.2
2 (39)	0:42	1	-	-	2:36	3	0:13	9.1
3 (62)	0:24	1	-	-	3:00	3	0:13	7.8
4 (47)	1:00	3	0:04	7.1	4:00	3	0:14	6.2
5 (65)	1:19	2	0:07	9.7	5:19	3	0:18	6.0
6 (55)	2:00	2	0:04	3.5	7:19	3	0:22	5.3
7 (54)	2:09	3	0:20	18.4	9:28	3	0:42	8.0
8 (47)	1:15	2	0:05	7.1	10:43	3	0:47	7.9
9 (43)	2:08	2	0:02	1.6	12:51	3	0:49	6.8
10 (55)	1:15	2	0:04	5.6	14:06	3	0:53	6.7
11 (69)	1:54	1	-	-	16:00	2	0:49	5.4
12 (45)	0:45	3	0:06	15.4	16:45	2	0:53	5.6
13 (44)	2:28	3	0:30	25.4	19:13	2	1:23	7.8
14 (52)	1:18	2	0:03	4.0	20:31	2	1:10	6.0
15 (41)	0:59	2	0:01	1.7	21:30	2	1:09	5.7
16 (31)	0:34	1	-	-	22:04	2	1:06	5.3
17 (34)	1:55	4	0:25	27.8	23:59	2	1:31	6.8
18 (46)	0:31	2	0:02	6.9	24:30	2	1:33	6.8
19 (33)	0:57	1	-	-	25:27	2	1:15	5.2
20 (32)	1:24	1	-	-	26:51	2	1:02	4.0
21 (36)	0:33	1	-	-	27:24	2	1:02	3.9
22 (56)	2:44	1	-	-	30:08	2	0:48	2.7
23 (73)	1:03	1	-	-	31:11	2	0:48	2.6
24 (50)	2:23	3	0:07	5.2	33:34	2	0:55	2.8
25 (49)	0:40	2	0:04	11.1	34:14	2	0:59	3.0
26 (51)	0:18	2	0:01	5.9	34:32	2	1:00	3.0
27 (67)	1:09	2	0:04	6.2	35:41	2	1:04	3.1
28 (37)	0:56	2	0:05	9.8	36:37	2	1:09	3.2
□□	0:23	2	0:03	15.0	37:00	2	1:12	3.4