



7. Bad Königer OL
Bad König / 03.10.2017

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Lorenz, Jochen

□□: TSG Bad König

□□□: 49:38

□□□□: 8:28 min/km

□□: 5.86 km / 28 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 2(of 4)

□□□□□□: 43:19

□□: 6:19

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	3:34	3	2:09	151.8	3:34	3	2:09	151.8
2 (39)	1:05	2	0:21	47.7	4:39	3	2:30	116.3
3 (62)	0:42	3	0:18	75.0	5:21	3	2:48	109.8
4 (47)	1:17	2	0:15	24.2	6:38	3	3:03	85.1
5 (65)	1:39	2	0:06	6.5	8:17	3	3:09	61.4
6 (55)	2:46	2	0:31	23.0	11:03	3	3:40	49.7
7 (54)	2:20	2	0:04	2.9	13:23	3	3:44	38.7
8 (47)	1:37	2	0:08	9.0	15:00	3	3:52	34.7
9 (43)	2:53	1	-	-	17:53	3	3:52	27.6
10 (55)	1:29	1	-	-	19:22	2	3:52	25.0
11 (69)	2:53	2	0:21	13.8	22:15	2	4:13	23.4
12 (45)	0:46	2	0:01	2.2	23:01	2	4:14	22.5
13 (44)	2:47	2	0:13	8.4	25:48	2	4:13	19.5
14 (52)	1:43	3	0:12	13.2	27:31	2	4:25	19.1
15 (41)	1:15	2	0:04	5.6	28:46	2	4:29	18.5
16 (31)	0:59	1	-	-	29:45	2	4:25	17.4
17 (34)	2:08	2	0:08	6.7	31:53	2	4:33	16.7
18 (46)	0:25	1	-	-	32:18	2	4:21	15.6
19 (33)	1:41	2	0:10	11.0	33:59	2	4:31	15.3
20 (32)	1:53	2	0:09	8.7	35:52	2	4:40	15.0
21 (36)	1:07	3	0:22	48.9	36:59	2	5:02	15.8
22 (56)	3:05	1	-	-	40:04	2	4:47	13.6
23 (73)	1:24	2	0:01	1.2	41:28	2	4:48	13.1
24 (50)	3:15	3	0:42	27.5	44:43	2	5:30	14.0
25 (49)	0:57	2	0:13	29.6	45:40	2	5:43	14.3
26 (51)	0:26	2	0:05	23.8	46:06	2	5:48	14.4
27 (67)	1:54	3	0:24	26.7	48:00	2	6:12	14.8
28 (37)	1:07	2	0:04	6.4	49:07	2	6:16	14.6
□□	0:31	2	0:03	10.7	49:38	2	6:19	14.6