



7. Bad Königer OL  
Bad König / 03.10.2017

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Röhl, Stefan

□□: OLF Mainz

□□□: 44:13

□□□□: 8:24 min/km

□□: 5.26 km / 26 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 2(of 5)

□□□□□□: 39:27

□□: 4:46

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:03	3	0:26	26.8	2:03	3	0:26	26.8
2 (39)	0:54	2	0:05	10.2	2:57	2	0:19	12.0
3 (62)	0:35	4	0:07	25.0	3:32	2	0:26	14.0
4 (40)	1:37	2	0:05	5.4	5:09	2	0:31	11.2
5 (54)	1:41	3	0:07	7.5	6:50	2	0:38	10.2
6 (55)	3:15	4	0:31	18.9	10:05	2	1:09	12.9
7 (69)	2:47	3	0:20	13.6	12:52	2	1:29	13.0
8 (45)	0:56	4	0:16	40.0	13:48	2	1:37	13.3
9 (44)	2:48	3	0:19	12.8	16:36	2	1:56	13.2
10 (43)	2:19	3	0:10	7.8	18:55	2	2:06	12.5
11 (71)	0:31	4	0:08	34.8	19:26	2	2:07	12.2
12 (41)	1:45	2	0:10	10.5	21:11	2	2:17	12.1
13 (31)	1:00	1	-	-	22:11	2	2:17	11.5
14 (32)	1:46	4	0:34	47.2	23:57	2	2:51	13.5
15 (36)	0:45	1	-	-	24:42	2	2:49	12.9
16 (46)	1:53	3	0:31	37.8	26:35	2	3:20	14.3
17 (33)	1:33	2	0:04	4.5	28:08	2	3:24	13.8
18 (64)	0:17	1	-	-	28:25	2	3:23	13.5
19 (72)	1:27	2	0:09	11.5	29:52	2	3:32	13.4
20 (34)	2:13	3	0:10	8.1	32:05	2	3:42	13.0
21 (35)	3:02	2	0:15	9.0	35:07	2	3:57	12.7
22 (50)	3:52	2	0:15	6.9	38:59	2	4:12	12.1
23 (49)	0:56	3	0:06	12.0	39:55	2	4:15	11.9
24 (51)	0:38	4	0:15	65.2	40:33	2	4:30	12.5
25 (67)	1:56	2	0:15	14.9	42:29	2	4:45	12.6
26 (37)	1:15	3	0:13	21.0	43:44	2	4:47	12.3
□□	0:29	3	0:03	11.5	44:13	2	4:46	12.1