



7. Bad Königer OL
Bad König / 03.10.2017

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Diehr, Eyke

□□: OLF Mainz

□□□: 47:46

□□□□: 9:04 min/km

□□: 5.26 km / 26 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 3(of 5)

□□□□□□: 39:27

□□: 8:19

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:26	4	0:49	50.5	2:26	4	0:49	50.5
2 (39)	1:02	3	0:13	26.5	3:28	3	0:50	31.7
3 (62)	0:31	2	0:03	10.7	3:59	3	0:53	28.5
4 (40)	2:01	3	0:29	31.5	6:00	3	1:22	29.5
5 (54)	1:51	4	0:17	18.1	7:51	3	1:39	26.6
6 (55)	3:12	3	0:28	17.1	11:03	3	2:07	23.7
7 (69)	3:24	4	0:57	38.8	14:27	3	3:04	26.9
8 (45)	0:54	3	0:14	35.0	15:21	3	3:10	26.0
9 (44)	3:03	4	0:34	22.8	18:24	3	3:44	25.5
10 (43)	2:22	4	0:13	10.1	20:46	3	3:57	23.5
11 (71)	0:30	2	0:07	30.4	21:16	3	3:57	22.8
12 (41)	2:01	4	0:26	27.4	23:17	3	4:23	23.2
13 (31)	1:04	3	0:04	6.7	24:21	3	4:27	22.4
14 (32)	1:41	3	0:29	40.3	26:02	3	4:56	23.4
15 (36)	0:49	3	0:04	8.9	26:51	3	4:58	22.7
16 (46)	1:40	2	0:18	22.0	28:31	3	5:16	22.7
17 (33)	2:09	4	0:40	44.9	30:40	3	5:56	24.0
18 (64)	0:23	3	0:06	35.3	31:03	3	6:01	24.0
19 (72)	1:34	4	0:16	20.5	32:37	3	6:17	23.9
20 (34)	2:20	4	0:17	13.8	34:57	3	6:34	23.1
21 (35)	3:25	3	0:38	22.8	38:22	3	7:12	23.1
22 (50)	4:12	3	0:35	16.1	42:34	3	7:47	22.4
23 (49)	0:58	4	0:08	16.0	43:32	3	7:52	22.1
24 (51)	0:28	3	0:05	21.7	44:00	3	7:57	22.1
25 (67)	2:02	4	0:21	20.8	46:02	3	8:18	22.0
26 (37)	1:17	4	0:15	24.2	47:19	3	8:22	21.5
□□	0:27	2	0:01	3.9	47:46	3	8:19	21.1