



7. Bad Königer OL
Bad König / 03.10.2017

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Pflästerer, Klaus

□□: AC 1892 Weinheim

□□□: 29:46

□□□□: 8:34 min/km

□□: 3.47 km / 19 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 2(of 5)

□□□□□□: 26:08

□□: 3:38

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	□□	-	-	%	□□	-	-	%
1 (39)	1:30	3	0:14	18.4	1:30	3	0:14	18.4
2 (47)	1:02	1	-	-	2:32	2	0:14	10.1
3 (42)	0:45	4	0:07	18.4	3:17	3	0:16	8.8
4 (43)	2:13	2	0:01	0.8	5:30	2	0:17	5.4
5 (52)	1:11	1	-	-	6:41	2	0:16	4.2
6 (41)	1:13	3	0:06	9.0	7:54	2	0:22	4.9
7 (31)	0:55	1	-	-	8:49	2	0:20	3.9
8 (36)	1:11	1	-	-	10:00	2	0:10	1.7
9 (32)	2:16	5	1:35	231.7	12:16	2	1:45	16.6
10 (33)	2:10	3	0:30	30.0	14:26	2	2:15	18.5
11 (64)	0:15	1	-	-	14:41	2	2:13	17.8
12 (31)	0:58	1	-	-	15:39	2	2:07	15.6
13 (34)	2:24	4	0:22	18.0	18:03	2	2:29	16.0
14 (35)	2:44	1	-	-	20:47	2	2:20	12.7
15 (73)	2:31	5	1:04	73.6	23:18	2	3:24	17.1
16 (51)	2:39	2	0:01	0.6	25:57	2	3:25	15.2
17 (50)	1:00	4	0:13	27.7	26:57	2	3:38	15.6
18 (67)	1:08	1	-	-	28:05	2	3:37	14.8
19 (37)	1:11	1	-	-	29:16	2	3:37	14.1
□□	0:30	3	0:05	20.0	29:46	2	3:38	13.9