



7. Bad Königer OL
Bad König / 03.10.2017

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Holtermann, Birger

□□: Gymnasion Offenbach

□□□: 35:40

□□□□: 10:16 min/km

□□: 3.47 km / 19 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 4(of 5)

□□□□□□□: 26:08

□□: 9:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	1:54	4	0:38	50.0	1:54	4	0:38	50.0
2 (47)	1:11	3	0:09	14.5	3:05	4	0:47	34.1
3 (42)	0:51	5	0:13	34.2	3:56	4	0:55	30.4
4 (43)	2:37	4	0:25	18.9	6:33	3	1:20	25.6
5 (52)	2:02	5	0:51	71.8	8:35	3	2:10	33.8
6 (41)	1:37	5	0:30	44.8	10:12	3	2:40	35.4
7 (31)	0:56	2	0:01	1.8	11:08	3	2:39	31.2
8 (36)	1:39	5	0:28	39.4	12:47	3	2:57	30.0
9 (32)	1:12	4	0:31	75.6	13:59	3	3:28	33.0
10 (33)	2:28	5	0:48	48.0	16:27	3	4:16	35.0
11 (64)	0:41	5	0:26	173.3	17:08	3	4:40	37.4
12 (31)	1:16	5	0:18	31.0	18:24	3	4:52	36.0
13 (34)	2:45	5	0:43	35.3	21:09	4	5:35	35.9
14 (35)	4:01	5	1:17	47.0	25:10	4	6:43	36.4
15 (73)	2:08	4	0:41	47.1	27:18	4	7:24	37.2
16 (51)	3:57	3	1:19	50.0	31:15	4	8:43	38.7
17 (50)	1:01	5	0:14	29.8	32:16	4	8:57	38.4
18 (67)	1:26	5	0:18	26.5	33:42	4	9:14	37.7
19 (37)	1:23	5	0:12	16.9	35:05	4	9:26	36.8
□□	0:35	4	0:10	40.0	35:40	4	9:32	36.5