



HAERTEL, Maik

□□: Schiekepann

□□: 743

□□: 9.60 km 9,6 km - Lauf

Senioren M50 (50-54 Jahre)

□□□: 58:07

□□: 9.29 km/h

□□□□: 6:03 min/km

_____: 132 (of 181)

______: 97 (of 120)

[][][]: 33:03

□□□□: 14(of 18)

_____: 42:47

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	29:31	7:11	14	8:19	95	13:13	4.10	29:31	7:11	14	8:19	95	13:13
Loddenke	2.20	11:46	5:20	13	3:18	92	5:14	6.30	41:17	6:33	14	11:37	95	18:27
llsenburg/Markt	3.30	16:50	5:06	13	4:02	96	6:46	9.60	58:07	6:03	14	15:20	97	25:04