



Hessische Meisterschaft Orientierungslauf Klassik

Eppstein (Taunus) / 28.10.2017

□□□□

Zakharova, Nadezda

□□: OLG Siegerland

□□: 5.08 km / 11 □□

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D45 (Damen ab 45)

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□□□□□□: 1:13:15

□□: 24:08

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	□□	-	-	%	□□	-	-	%
1 (49)	4:35	10	3:06	209.0	4:35	10	3:06	209.0
2 (37)	6:21	6	1:56	43.8	10:56	9	5:02	85.3
3 (35)	4:18	4	1:18	43.3	15:14	9	6:02	65.6
4 (38)	4:50	7	1:29	44.3	20:04	8	7:31	59.9
5 (40)	9:55	7	3:09	46.6	29:59	7	10:37	54.8
6 (44)	10:32	5	2:42	34.5	40:31	7	12:56	46.9
7 (50)	3:32	6	1:10	49.3	44:03	7	14:06	47.1
8 (46)	11:31	6	3:37	45.8	55:34	7	17:26	45.7
9 (45)	9:38	5	3:51	66.6	1:05:12	6	21:03	47.7
10 (32)	6:21	3	1:56	43.8	1:11:33	5	22:59	47.3
11 (100)	2:31	5	0:48	46.6	1:14:04	5	23:47	47.3
□□	1:16	7	0:21	38.2	1:15:20	5	24:08	47.1