



Hessische Meisterschaft Orientierungslauf Klassik

Eppstein (Taunus) / 28.10.2017

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Helfrich, Klaus

□□: OLV Steinberg

□□□: 1:01:00

□□□□: 10:19 min/km

□□: 5.91 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 5(of 12)

□□□□□□□: 55:30

□□: 5:30

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	□□	-	-	%	□□	-	-	%
1 (34)	1:26	3	0:10	13.2	1:26	3	0:10	13.2
2 (35)	7:57	12	3:29	78.0	9:23	12	3:39	63.7
3 (36)	1:43	2	0:19	22.6	11:06	10	3:58	55.6
4 (37)	2:48	3	0:28	20.0	13:54	8	4:03	41.1
5 (38)	6:25	2	0:30	8.5	20:19	8	3:06	18.0
6 (39)	4:49	4	0:22	8.2	25:08	8	3:28	16.0
7 (45)	4:06	4	0:40	19.4	29:14	8	3:25	13.2
8 (44)	11:05	5	1:37	17.1	40:19	8	2:49	7.5
9 (50)	2:31	8	0:46	43.8	42:50	8	3:22	8.5
10 (46)	7:53	9	0:44	10.3	50:43	8	3:38	7.7
11 (48)	6:46	6	1:25	26.5	57:29	7	4:47	9.1
12 (100)	2:30	10	0:46	44.2	59:59	8	5:20	9.8
□□	1:01	10	0:23	60.5	1:01:00	8	5:30	9.9