



Hessische Meisterschaft Orientierungslauf Klassik
Eppstein (Taunus) / 28.10.2017

□□□□

Holtermann, Birger

□□: Gymnasion Offenbach

□□□: 1:18:10

□□□□: 15:23 min/km

□□: 5.08 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 6(of 11)

□□□□□□: 45:09

□□: 33:48

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (49)	4:18	10	2:41	166.0	4:18	10	2:41	166.0
2 (37)	8:01	11	4:06	104.7	12:19	11	6:45	121.3
3 (35)	4:51	11	2:07	77.4	17:10	11	8:41	102.4
4 (38)	6:21	11	3:36	130.9	23:31	11	11:51	101.6
5 (40)	8:10	10	2:33	45.4	31:41	11	14:24	83.3
6 (44)	11:57	11	5:26	83.4	43:38	11	19:40	82.1
7 (50)	3:06	11	1:23	80.6	46:44	11	21:03	82.0
8 (46)	10:41	11	4:26	70.9	57:25	11	24:43	75.6
9 (45)	10:40	9	6:33	159.1	1:08:05	11	30:08	79.4
10 (32)	7:00	11	3:35	104.9	1:15:05	11	33:06	78.8
11 (100)	2:05	9	0:48	62.3	1:17:10	11	33:48	77.9
□□	1:00	6	0:20	50.0	1:18:10	11	33:48	76.2