



Hessische Meisterschaft Orientierungslauf Klassik

Eppstein (Taunus) / 28.10.2017

□□□□

Könekamp, Dirk

□□: TUS Niederjosbach

□□□: 1:17:08

□□□□: 15:11 min/km

□□: 5.08 km / 11 □□

□□□□:

OL (Offen Lang)

□□□□□: 2(of 3)

□□□□□□□: 45:07

□□: 32:01

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (49)	3:26	2	2:01	142.4	3:26	2	2:01	142.4
2 (37)	6:28	3	1:16	24.4	9:54	2	3:17	49.6
3 (35)	5:31	2	2:27	79.9	15:25	2	5:44	59.2
4 (38)	4:29	2	1:45	64.0	19:54	2	7:29	60.3
5 (40)	11:55	3	5:29	85.2	31:49	2	12:58	68.8
6 (44)	11:55	2	5:48	94.8	43:44	2	18:46	75.2
7 (50)	3:16	3	1:25	76.6	47:00	2	20:11	75.3
8 (46)	12:01	2	5:22	80.7	59:01	2	25:33	76.3
9 (45)	9:14	3	3:57	74.8	1:08:15	2	29:30	76.1
10 (32)	5:02	2	1:07	28.5	1:13:17	2	30:37	71.8
11 (100)	3:05	3	1:38	112.6	1:16:22	2	32:15	73.1
□□	0:46	1	-	-	1:17:08	2	32:01	71.0