



Hessische Meisterschaft Orientierungslauf Klassik

Eppstein (Taunus) / 28.10.2017

□□□□

Könekamp, Friderike

□□: TUS Niederjosbach

□□□: 1:21:46

□□□□: 16:05 min/km

□□: 5.08 km / 11 □□

□□□□:

OL (Offen Lang)

□□□□□: 3(of 3)

□□□□□□: 45:07

□□: 36:39

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (49)	7:35	3	6:10	435.3	7:35	3	6:10	435.3
2 (37)	6:19	2	1:07	21.5	13:54	3	7:17	110.1
3 (35)	5:36	3	2:32	82.6	19:30	3	9:49	101.4
4 (38)	5:09	3	2:25	88.4	24:39	3	12:14	98.5
5 (40)	11:19	2	4:53	75.9	35:58	3	17:07	90.8
6 (44)	12:26	3	6:19	103.3	48:24	3	23:26	93.9
7 (50)	2:58	2	1:07	60.4	51:22	3	24:33	91.6
8 (46)	12:32	3	5:53	88.5	1:03:54	3	30:26	90.9
9 (45)	8:23	2	3:06	58.7	1:12:17	3	33:32	86.5
10 (32)	6:24	3	2:29	63.4	1:18:41	3	36:01	84.4
11 (100)	2:00	2	0:33	37.9	1:20:41	3	36:34	82.9
□□	1:05	3	0:19	41.3	1:21:46	3	36:39	81.2