

WEY, Lisa □□: 1:00:58 □□: Heyerode □□: 8.86 km/h

☐: Heyerode☐: 8.86 km/h☐: 585☐: 6:15 min/km

□□: 9.75 km □□□□/□□: 108 (of 166)
10 km Lauf □□□□/□: 38 (of 72)

10 km Lauf 00000/0: 38 (of 7)

Frauen (20-29 Jahre) 000000: 4(of 11)

	km		min/km	-	-			km		min/km	-	-		
1	3.25	20:37	6:20	6	2:17	47	7:00	3.25	20:37	6:20	6	2:17	47	7:00
□□ 2	3.25	20:46	6:23	4	2:11	39	6:16	6.50	41:23	6:21	4	4:28	41	13:16
000 00	3.25	19:35	6:01	3	0:50	25	5:01	9.75	1:00:58	6:15	4	5:18	38	18:17