



LEGEND OF CROSS
Mühlberg / 05.11.2017

0000

Lonieczny, Lars

00: Ilmenau

00: 1214

00: 16.78 km

EXPERT

0000:

Männer (20-29 Jahre)

000: 1:40:53

00: 9.98 km/h

0000: 6:01 min/km

00000/000: 9 (of 416)

00000/0: 9 (of 341)

000000: 1:17:13

00000: 5(of 81)

0000000: 1:17:13

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|------------------|------|-------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Wachsenburg | 7.40 | 43:01 | 5:48 | 5 | 10:42 | 12 | 10:44 | 7.40 | 43:01 | 5:48 | 5 | 10:42 | 12 | 10:44 |
| Mühlburg | 8.57 | 49:21 | 5:45 | 6 | 11:37 | 10 | 11:37 | 15.97 | 1:32:22 | 5:47 | 5 | 22:19 | 10 | 22:19 |
| Sportplatz Mühlb | 0.81 | 8:31 | 10:30 | 6 | 1:21 | 9 | 1:21 | 16.78 | 1:40:53 | 6:00 | 5 | 23:40 | 9 | 23:40 |