



LEGEND OF CROSS  
Mühlberg / 05.11.2017

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HAAK, Ralf

□□: Weimar

□□: 2080

□□: 26.71 km

BERSERKER

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:27:39

□□: 7.51 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 86 (of 205)

□□□□□/□: 83 (of 189)

□□□□□□: 2:16:04

□□□□□: 1(of 1)

□□□□□□□: 3:27:39

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Wachsenburg      | 7.40     | 50:41    | 6:50         | 1       | -       | 73      | 15:15   | 7.40  | 50:41     | 6:50      | 1             | -       | 73      | 15:15   |         |
| Burg Gleichen    | 8.53     | 1:03:26  | 7:26         | 1       | -       | 88      | 20:53   | 15.93 | 1:54:07   | 7:09      | 1             | -       | 78      | 36:08   |         |
| Mühlberg         | 9.97     | 1:18:48  | 7:54         | 1       | -       | 94      | 32:19   | 25.90 | 3:12:55   | 7:26      | 1             | -       | 91      | 1:21:57 |         |
| Sportplatz Mühlb | 0.81     | 14:44    | 18:11        | 1       | -       | 85      | 6:55    | 26.71 | 3:27:39   | 7:46      | 1             | -       | 93      | 1:24:24 |         |