



LEGEND OF CROSS
Mühlberg / 05.11.2017

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SELIG, Reinald

00: ERFURT

00: 1376

00: 16.78 km

EXPERT

0000:

Senioren M45 (45-49 Jahre)

000: 2:15:02

00: 7.46 km/h

0000: 8:03 min/km

00000/000: 184 (of 416)

00000/0: 168 (of 341)

000000: 1:17:13

00000: 19(of 35)

0000000: 1:49:11

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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	53:48	7:16	17	8:33	144	21:31	7.40	53:48	7:16	17	8:33	144	21:31
Mühlburg	8.57	1:07:17	7:51	21	13:17	175	29:33	15.97	2:01:05	7:34	19	21:50	164	51:02
Sportplatz Mühlb	0.81	13:57	17:13	23	4:17	204	6:47	16.78	2:15:02	8:02	19	25:51	171	57:49