



LEGEND OF CROSS  
Mühlberg / 05.11.2017

□□□□

RÖNICKE, Ronny

□□: Erfurt  
□□: 1324

□□: 16.78 km  
EXPERT

□□□□:  
Senioren M35 (35-39 Jahre)

□□□: 2:32:05

□□: 6.62 km/h  
□□□□: 9:04 min/km

□□□□□/□□□: 270 (of 416)

□□□□□/□: 240 (of 341)

□□□□□□: 1:17:13

□□□□□: 55(of 75)

□□□□□□□: 1:31:22

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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     | 1:00:51  | 8:13         | 54      | 23:30   | 246     | 28:34   | 7.40  | 1:00:51   | 8:13      | 54            | 23:30   | 246     | 28:34   |         |
| Mühlburg         | 8.57     | 1:14:43  | 8:43         | 50      | 28:39   | 229     | 36:59   | 15.97 | 2:15:34   | 8:29      | 55            | 52:09   | 239     | 1:05:31 |         |
| Sportplatz Mühlb | 0.81     | 16:31    | 20:23        | 61      | 8:34    | 260     | 9:21    | 16.78 | 2:32:05   | 9:03      | 55            | 1:00:43 | 243     | 1:14:52 |         |