

RäPPLE, Ronny

□□: Gotha
□□: 487

□□: 9.50 km
SPRINT

Senioren M40 (40-44 Jahre)

□□□: 1:27:49

□□: 6.15 km/h

□□□: 9:14 min/km

\_\_\_\_\_: 353 (of 673)

\_\_\_\_\_\_\_: 261 (of 411)

\_\_\_\_: 43:20

□□□□: 36(of 54)

\_\_\_\_\_: 52:18

	km		min/km	-	-			km		min/km	-	-		
Mühlburg	8.69	1:13:19	8:26	37	28:57	267	36:10	8.69	1:13:19	8:26	37	28:57	267	36:10
Sportplatz Mühlb	0.81	14:30	17:54	34	6:34	256	8:19	9.50	1:27:49	9:14	36	35:31	261	44:29