



Ski-OL Lang Carlsfeld
Carlsfeld / 17.12.2017

□□□□

Röhner, Uwe

□□: SV IHW Alex 78 Berlin

□□□: 2:02:07

□□□□: 9:56 min/km

□□: 12.28 km / 16 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 21(of 27)

□□□□□□: 1:23:50

□□: 38:17

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	5:20	11	0:40	14.3	5:20	11	0:40	14.3
2 (32)	3:14	13	0:35	22.0	8:34	11	1:15	17.1
3 (38)	6:48	20	2:04	43.7	15:22	15	3:19	27.5
4 (39)	26:38	24	11:46	79.2	42:00	24	15:05	56.0
5 (42)	8:54	19	2:48	45.9	50:54	22	16:00	45.9
6 (35)	8:22	20	3:06	58.9	59:16	22	18:27	45.2
7 (36)	11:55	20	9:05	320.6	1:11:11	20	22:20	45.7
8 (44)	7:35	23	3:03	67.3	1:18:46	21	25:23	47.6
9 (43)	3:15	10	0:37	23.4	1:22:01	21	25:36	45.4
10 (48)	9:54	20	4:06	70.7	1:31:55	21	28:30	44.9
11 (45)	7:46	24	3:47	95.0	1:39:41	21	32:17	47.9
12 (37)	4:30	21	1:24	45.2	1:44:11	21	33:37	47.6
13 (50)	4:23	3	0:06	2.3	1:48:34	21	32:57	43.6
14 (46)	7:37	23	3:44	96.1	1:56:11	21	36:27	45.7
15 (47)	2:48	17	1:01	57.0	1:58:59	21	37:10	45.4
16 (49)	2:27	16	0:51	53.1	2:01:26	21	38:01	45.6
□□	0:41	23	0:18	78.3	2:02:07	21	38:17	45.7