



22. Weinberg-OL  
Wörrstadt / 25.06.2017

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Saß, Kolya

□□: OLF Mainz

□□□: 53:06

□□□□: 9:09 min/km

□□: 5.80 km / 15 □□

□□□□:

Herren -18

□□□□□: 4(of 6)

□□□□□□□: 40:51

□□: 12:15

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (130)	4:29	4	0:23	9.4	4:29	4	0:23	9.4
2 (133)	1:47	3	0:08	8.1	6:16	4	0:29	8.4
3 (134)	3:59	5	1:05	37.4	10:15	4	1:30	17.1
4 (125)	5:05	5	1:33	43.9	15:20	4	3:03	24.8
5 (121)	2:22	3	0:21	17.4	17:42	4	3:24	23.8
6 (122)	2:41	5	0:18	12.6	20:23	4	3:42	22.2
7 (126)	1:56	4	0:24	26.1	22:19	4	4:06	22.5
8 (127)	5:46	5	2:07	58.0	28:05	4	6:13	28.4
9 (131)	3:20	4	0:55	37.9	31:25	4	7:08	29.4
10 (128)	4:02	3	0:35	16.9	35:27	4	7:43	27.8
11 (129)	2:54	3	0:38	27.9	38:21	4	8:21	27.8
12 (132)	2:45	2	0:06	3.8	41:06	4	8:27	25.9
13 (135)	5:12	3	3:00	136.4	46:18	4	11:27	32.9
14 (136)	3:49	3	0:29	14.5	50:07	4	11:56	31.3
15 (100)	2:40	5	0:47	41.6	52:47	4	12:20	30.5
□□	0:19	1	-	-	53:06	4	12:15	30.0