



22. Weinberg-OL
Wörrstadt / 25.06.2017

□□□□

Pastor, Kai

□□: OLF Mainz

□□□: 1:08:34

□□□□: 8:42 min/km

□□: 7.88 km / 16 □□

□□□□:

Herren 35-

□□□□□: 3(of 7)

□□□□□□□: 1:01:48

□□: 6:46

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (138)	5:50	2	0:23	7.0	5:50	2	0:23	7.0
2 (119)	2:33	5	0:35	29.7	8:23	4	0:13	2.7
3 (120)	3:08	1	-	-	11:31	1	-	-
4 (123)	5:36	4	1:39	41.8	17:07	3	1:35	10.2
5 (122)	3:36	7	1:37	81.5	20:43	5	2:34	14.1
6 (126)	1:45	2	0:09	9.4	22:28	4	2:43	13.8
7 (127)	4:50	2	0:18	6.6	27:18	3	2:42	11.0
8 (139)	5:30	1	-	-	32:48	2	0:25	1.3
9 (137)	5:02	3	0:47	18.4	37:50	2	1:12	3.3
10 (128)	8:25	4	1:31	22.0	46:15	3	2:43	6.2
11 (123)	4:10	2	0:15	6.4	50:25	2	2:58	6.3
12 (124)	2:54	3	0:38	27.9	53:19	3	3:36	7.2
13 (135)	2:02	4	0:36	41.9	55:21	3	4:12	8.2
14 (106)	4:48	4	1:20	38.5	1:00:09	3	5:32	10.1
15 (118)	6:11	4	1:11	23.7	1:06:20	3	6:43	11.3
16 (100)	1:55	3	0:09	8.5	1:08:15	3	6:48	11.1
□□	0:19	1	-	-	1:08:34	3	6:46	11.0