



22. Weinberg-OL  
Wörrstadt / 25.06.2017

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Czioska, Frank

□□: OLF Mainz

□□□: 46:40

□□□□: 10:36 min/km

□□: 4.40 km / 12 □□

□□□□:

Herren 55-

□□□□□: 4(of 7)

□□□□□□□: 37:36

□□: 9:04

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (111)	2:06	3	0:26	26.0	2:06	3	0:26	26.0
2 (133)	3:56	3	0:32	15.7	6:02	3	0:40	12.4
3 (134)	5:32	7	1:53	51.6	11:34	4	2:33	28.3
4 (125)	4:44	2	0:20	7.6	16:18	4	2:53	21.5
5 (122)	3:44	2	0:22	10.9	20:02	3	3:15	19.4
6 (131)	2:53	4	0:16	10.2	22:55	3	3:31	18.1
7 (123)	4:02	4	0:34	16.4	26:57	3	4:05	17.9
8 (124)	3:37	4	0:52	31.5	30:34	3	4:22	16.7
9 (135)	2:23	4	0:17	13.5	32:57	3	4:39	16.4
10 (136)	6:29	6	2:11	50.8	39:26	3	6:50	21.0
11 (118)	4:39	6	2:05	81.2	44:05	4	8:55	25.4
12 (100)	2:07	3	0:07	5.8	46:12	4	9:02	24.3
□□	0:28	3	0:06	27.3	46:40	4	9:04	24.1