



DM & DBK Ski-OL Mittel Sonnenberg 2018

Sonnenberg / 10.02.2018

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Rudert, Henrik

□□: SV IHW Alex 78 Berlin

□□□: 2:01:42

□□□□: 19:57 min/km

□□: 6.10 km / 19 □□

□□□□:

Herren 18

□□□□□: 2(of 4)

□□□□□□: 48:07

□□: 1:13:35

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	10:57	4	6:22	138.9	10:57	4	6:22	138.9
2 (41)	5:32	4	3:24	159.4	16:29	4	9:46	145.4
3 (36)	5:12	3	3:00	136.4	21:41	4	12:46	143.2
4 (54)	0:32	2	0:12	60.0	22:13	4	12:32	129.4
5 (42)	6:22	3	3:52	154.7	28:35	3	16:24	134.6
6 (39)	12:06	4	8:31	237.7	40:41	4	24:55	158.0
7 (31)	7:46	4	5:41	272.8	48:27	4	30:36	171.4
8 (38)	1:49	3	1:00	122.5	50:16	4	31:36	169.3
9 (35)	16:30	3	11:29	228.9	1:06:46	3	43:05	181.9
10 (47)	1:34	3	0:59	168.6	1:08:20	3	44:04	181.6
11 (34)	5:40	3	2:53	103.6	1:14:00	3	46:57	173.6
12 (55)	7:19	3	3:38	98.6	1:21:19	3	50:35	164.6
13 (56)	1:52	3	1:20	250.0	1:23:11	3	51:55	166.0
14 (44)	10:21	3	5:04	95.9	1:33:32	3	56:59	155.9
15 (42)	3:46	3	1:45	86.8	1:37:18	3	58:44	152.3
16 (33)	7:38	2	3:46	97.4	1:44:56	3	1:02:30	147.3
17 (53)	6:51	3	3:57	136.2	1:51:47	3	1:06:27	146.6
18 (51)	2:11	3	1:03	92.7	1:53:58	3	1:07:09	143.4
19 (52)	2:01	2	1:09	132.7	1:55:59	2	1:08:18	143.2
□□	5:43	3	5:17	1,219.2	2:01:42	2	1:13:35	152.9