



KUPFER, Jörg

□□: Lauffreunde Gotha

□□: 408

□□: 18.50 km
Lange Strecke

Senioren M50 (50-54 Jahre)

□□□: 1:35:14

□□: 11.34 km/h

□□□: 5:09 min/km

\_\_\_\_\_: 73 (of 144)

\_\_\_\_\_\_\_: 69 (of 118)

□□□□: 15(of 22)

DDDDD: 1:19:41

	km		min/km	-	-			km		min/km	-	-		
Runde	9.30	47:52	5:08	15	8:38	74	14:53	9.30	47:52	5:08	15	8:38	74	14:53
Runde	9.00	46:29	5:09	13	6:44	58	13:15	18.30	1:34:21	5:09	15	15:22	69	28:08
Ziel	0.20	0:53	4:24	11	0:16	64	0:18	18.50	1:35:14	5:08	15	15:33	69	28:24