



Gand, Gerald

 $\square\square$: Tiefthal

□□: 96

□□: 14.00 km Hauptlauf

Senioren M45 (45-49 Jahre)

□□□: 1:04:53

□□: 12.95 km/h

□□□: 4:38 min/km

_____: 17 (of 164)

____/_: 17 (of 124)

____: 47:12

□□□□: 1(of 19)

<u>|</u>||||||: 1:04:53

	km		min/km	-	-			km		min/km	-	-		
Kontrolle	5.80	28:19	4:52	2	0:35	23	8:10	5.80	28:19	4:52	2	0:35	23	8:10
Ziel	8.20	36:34	4:27	1	-	16	9:31	14.00	1:04:53	4:38	1	-	17	17:41