



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Buchholz, Tom

□□: MTK Bad Harzburg

□□□: 1:21:53

□□□□: 6:04 min/km

□□: 13.48 km / 15 □□

□□□□:
H17

□□□□□: 6(of 40)

□□□□□□□: 1:11:44

□□: 10:09

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	0:44	3	0:03	7.3	0:44	3	0:03	7.3
2 (32)	5:08	4	0:21	7.3	5:52	3	0:24	7.3
3 (33)	5:36	2	0:01	0.3	11:28	2	0:25	3.8
4 (36)	3:49	7	0:26	12.8	15:17	5	0:33	3.7
5 (38)	8:05	9	1:38	25.3	23:22	6	1:57	9.1
6 (40)	15:43	12	7:19	87.1	39:05	10	13:34	53.2
7 (41)	1:55	8	0:22	23.7	41:00	7	4:10	11.3
8 (42)	7:12	7	0:38	9.6	48:12	7	4:35	10.5
9 (43)	1:02	10	0:09	17.0	49:14	7	4:43	10.6
10 (100)	0:33	2	0:02	6.5	49:47	7	4:42	10.4
11 (44)	5:55	7	0:34	10.6	55:42	6	4:56	9.7
12 (50)	9:02	5	1:06	13.9	1:04:44	5	5:47	9.8
13 (45)	7:29	20	3:03	68.8	1:12:13	6	8:50	13.9
14 (46)	6:07	10	1:02	20.3	1:18:20	5	9:46	14.2
15 (100)	3:06	9	0:29	18.5	1:21:26	6	10:11	14.3
□□	0:27	5	0:04	17.4	1:21:53	6	10:09	14.2