



Ski-O Long  
Silberhütte/Oberpfalz / 21.01.2018

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Procinger, Jakob

□□: OOS TJ Spartak Vrchlabí

□□□: 1:30:04

□□□□: 6:40 min/km

□□: 13.48 km / 15 □□

□□□□:  
H17

□□□□□: 11(of 40)

□□□□□□□: 1:11:44

□□: 18:20

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	0:56	15	0:15	36.6	0:56	15	0:15	36.6
2 (32)	6:01	16	1:14	25.8	6:57	16	1:29	27.1
3 (33)	6:45	17	1:10	20.9	13:42	15	2:39	24.0
4 (36)	4:13	13	0:50	24.6	17:55	15	3:11	21.6
5 (38)	8:52	17	2:25	37.5	26:47	16	5:22	25.1
6 (40)	16:37	16	8:13	97.8	43:24	16	17:53	70.1
7 (41)	1:54	7	0:21	22.6	45:18	12	8:28	23.0
8 (42)	8:23	18	1:49	27.7	53:41	12	10:04	23.1
9 (43)	1:24	27	0:31	58.5	55:05	12	10:34	23.7
10 (100)	0:45	24	0:14	45.2	55:50	13	10:45	23.8
11 (44)	7:20	19	1:59	37.1	1:03:10	13	12:24	24.4
12 (50)	10:46	22	2:50	35.7	1:13:56	13	14:59	25.4
13 (45)	6:02	12	1:36	36.1	1:19:58	12	16:35	26.2
14 (46)	6:22	13	1:17	25.3	1:26:20	11	17:46	25.9
15 (100)	3:11	11	0:34	21.7	1:29:31	11	18:16	25.6
□□	0:33	21	0:10	43.5	1:30:04	11	18:20	25.6