



Ski-O Long  
Silberhütte/Oberpfalz / 21.01.2018

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Polák, Jaroslav

□□: OK Chrastava

□□□: 2:03:17

□□□□: 7:40 min/km

□□: 16.07 km / 16 □□

□□□□:  
H35

□□□□□: 4(of 25)

□□□□□□: 1:59:47

□□: 3:30

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	□□	-	-	%	□□	-	-	%
1 (47)	1:46	7	0:07	7.1	1:46	7	0:07	7.1
2 (32)	3:55	1	-	-	5:41	3	0:04	1.2
3 (33)	6:40	7	0:24	6.4	12:21	4	0:27	3.8
4 (36)	4:29	2	0:09	3.5	16:50	3	0:21	2.1
5 (38)	10:25	14	3:04	41.7	27:15	9	2:56	12.1
6 (39)	14:22	9	2:12	18.1	41:37	9	4:34	12.3
7 (40)	36:54	5	0:53	2.5	1:18:31	4	5:17	7.2
8 (41)	2:12	9	0:25	23.4	1:20:43	4	5:30	7.3
9 (42)	7:57	6	0:09	1.9	1:28:40	4	5:19	6.4
10 (43)	1:12	7	0:11	18.0	1:29:52	4	5:25	6.4
11 (100)	0:46	10	0:10	27.8	1:30:38	5	5:29	6.4
12 (44)	6:45	3	0:11	2.8	1:37:23	5	4:54	5.3
13 (50)	10:08	7	0:41	7.2	1:47:31	5	5:09	5.0
14 (45)	5:31	2	0:06	1.9	1:53:02	4	4:21	4.0
15 (46)	6:17	3	0:19	5.3	1:59:19	4	3:43	3.2
16 (100)	3:24	5	0:14	7.4	2:02:43	4	3:32	3.0
□□	0:34	5	0:04	13.3	2:03:17	4	3:30	2.9