



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Fremder, Lars

□□: OL-Team Wehrsdorf

□□□: 2:06:15

□□□□: 7:51 min/km

□□: 16.07 km / 16 □□

□□□□:
H35

□□□□□: 7(of 25)

□□□□□□: 1:59:47

□□: 6:28

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	□□	-	-	%	□□	-	-	%
1 (47)	1:39	1	-	-	1:39	1	-	-
2 (32)	4:11	6	0:16	6.8	5:50	4	0:13	3.9
3 (33)	6:39	6	0:23	6.1	12:29	5	0:35	4.9
4 (36)	4:34	5	0:14	5.4	17:03	5	0:34	3.4
5 (38)	7:37	2	0:16	3.6	24:40	3	0:21	1.4
6 (39)	13:31	5	1:21	11.1	38:11	4	1:08	3.1
7 (40)	41:26	12	5:25	15.0	1:19:37	6	6:23	8.7
8 (41)	2:20	13	0:33	30.8	1:21:57	6	6:44	9.0
9 (42)	7:50	2	0:02	0.4	1:29:47	6	6:26	7.7
10 (43)	1:08	3	0:07	11.5	1:30:55	6	6:28	7.7
11 (100)	0:40	4	0:04	11.1	1:31:35	6	6:26	7.6
12 (44)	6:51	6	0:17	4.3	1:38:26	6	5:57	6.4
13 (50)	10:28	9	1:01	10.8	1:48:54	6	6:32	6.4
14 (45)	6:03	5	0:38	11.7	1:54:57	6	6:16	5.8
15 (46)	6:56	10	0:58	16.2	2:01:53	7	6:17	5.4
16 (100)	3:46	12	0:36	19.0	2:05:39	7	6:28	5.4
□□	0:36	9	0:06	20.0	2:06:15	7	6:28	5.4