



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Haenelt, Stephan

□□: SV IHW Alex 78 Berlin

□□□: 3:06:20

□□□□: 11:35 min/km

□□: 16.07 km / 16 □□

□□□□:
H35

□□□□□: 18(of 25)

□□□□□□□: 1:59:47

□□: 1:06:33

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:29	13	0:50	50.5	2:29	13	0:50	50.5
2 (32)	6:00	22	2:05	53.2	8:29	20	2:52	51.0
3 (33)	20:09	24	13:53	221.5	28:38	23	16:44	140.6
4 (36)	7:03	23	2:43	62.7	35:41	23	19:12	116.5
5 (38)	12:37	21	5:16	71.7	48:18	23	23:59	98.6
6 (39)	17:46	22	5:36	46.0	1:06:04	21	29:01	78.3
7 (40)	43:16	14	7:15	20.1	1:49:20	21	36:06	49.3
8 (41)	2:59	22	1:12	67.3	1:52:19	21	37:06	49.3
9 (42)	16:19	22	8:31	109.2	2:08:38	21	45:17	54.3
10 (43)	1:41	19	0:40	65.6	2:10:19	20	45:52	54.3
11 (100)	0:57	20	0:21	58.3	2:11:16	20	46:07	54.2
12 (44)	11:01	19	4:27	67.8	2:22:17	18	49:48	53.9
13 (50)	16:57	20	7:30	79.4	2:39:14	18	56:52	55.6
14 (45)	9:11	16	3:46	69.5	2:48:25	18	59:44	55.0
15 (46)	11:50	19	5:52	98.3	3:00:15	18	1:04:39	55.9
16 (100)	5:24	19	2:14	70.5	3:05:39	18	1:06:28	55.8
□□	0:41	15	0:11	36.7	3:06:20	18	1:06:33	55.6