



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Körner, Ralph

□□: OLV Landshut

□□□: 3:44:32

□□□□: 13:58 min/km

□□: 16.07 km / 16 □□

□□□□:
H35

□□□□□: 19(of 25)

□□□□□□□: 1:59:47

□□: 1:44:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:40	18	1:01	61.6	2:40	18	1:01	61.6
2 (32)	7:12	24	3:17	83.8	9:52	22	4:15	75.7
3 (33)	10:02	22	3:46	60.1	19:54	21	8:00	67.2
4 (36)	7:32	24	3:12	73.9	27:26	21	10:57	66.4
5 (38)	14:32	24	7:11	97.7	41:58	21	17:39	72.6
6 (39)	25:39	24	13:29	110.8	1:07:37	23	30:34	82.5
7 (40)	1:04:45	24	28:44	79.8	2:12:22	23	59:08	80.8
8 (41)	2:53	21	1:06	61.7	2:15:15	23	1:00:02	79.8
9 (42)	16:56	23	9:08	117.1	2:32:11	23	1:08:50	82.6
10 (43)	3:29	20	2:28	242.6	2:35:40	22	1:11:13	84.3
11 (100)	1:36	22	1:00	166.7	2:37:16	22	1:12:07	84.7
12 (44)	17:34	20	11:00	167.5	2:54:50	19	1:22:21	89.0
13 (50)	15:58	18	6:31	69.0	3:10:48	19	1:28:26	86.4
14 (45)	14:53	20	9:28	174.8	3:25:41	19	1:37:00	89.3
15 (46)	12:18	20	6:20	106.2	3:37:59	19	1:42:23	88.6
16 (100)	5:48	20	2:38	83.2	3:43:47	19	1:44:36	87.8
□□	0:45	19	0:15	50.0	3:44:32	19	1:44:45	87.5