



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Heinemann, Björn

□□: SV Robotron Dresden

□□□: 2:07:53

□□□□: 7:59 min/km

□□: 16.01 km / 15 □□

□□□□:
H45

□□□□□: 5(of 34)

□□□□□□□: 1:57:06

□□: 10:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	6:19	6	0:51	15.6	6:19	6	0:51	15.6
2 (33)	6:43	7	0:29	7.8	13:02	7	1:13	10.3
3 (36)	4:05	4	0:28	12.9	17:07	7	1:18	8.2
4 (38)	8:55	12	1:08	14.6	26:02	7	2:05	8.7
5 (39)	14:55	9	2:35	21.0	40:57	7	3:53	10.5
6 (40)	39:33	11	18:57	92.0	1:20:30	8	25:16	45.8
7 (41)	2:03	6	0:29	30.9	1:22:33	7	8:25	11.4
8 (42)	8:38	7	1:06	14.6	1:31:11	6	9:31	11.7
9 (43)	1:06	4	0:07	11.9	1:32:17	6	9:33	11.5
10 (100)	0:40	5	0:03	8.1	1:32:57	6	9:34	11.5
11 (44)	7:33	5	0:54	13.5	1:40:30	6	9:21	10.3
12 (50)	10:26	6	0:51	8.9	1:50:56	6	10:12	10.1
13 (45)	6:19	3	0:16	4.4	1:57:15	6	10:28	9.8
14 (46)	6:51	3	0:32	8.4	2:04:06	6	10:43	9.5
15 (100)	3:19	4	0:09	4.7	2:07:25	5	10:52	9.3
□□	0:28	1	-	-	2:07:53	5	10:47	9.2