



Ski-O Long  
Silberhütte/Oberpfalz / 21.01.2018

□□□□

Buchholz, Sven

□□: MTK Bad Harzburg

□□□: 2:14:34

□□□□: 8:24 min/km

□□: 16.01 km / 15 □□

□□□□:  
H45

□□□□□: 10(of 34)

□□□□□□□: 1:57:06

□□: 17:28

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	6:09	5	0:41	12.5	6:09	5	0:41	12.5
2 (33)	6:14	1	-	-	12:23	4	0:34	4.8
3 (36)	4:12	5	0:35	16.1	16:35	5	0:46	4.9
4 (38)	8:44	9	0:57	12.2	25:19	6	1:22	5.7
5 (39)	13:01	3	0:41	5.5	38:20	4	1:16	3.4
6 (40)	44:00	18	23:24	113.6	1:22:20	11	27:06	49.1
7 (41)	1:54	5	0:20	21.3	1:24:14	9	10:06	13.6
8 (42)	9:37	12	2:05	27.7	1:33:51	10	12:11	14.9
9 (43)	1:24	12	0:25	42.4	1:35:15	10	12:31	15.1
10 (100)	0:44	9	0:07	18.9	1:35:59	10	12:36	15.1
11 (44)	8:09	8	1:30	22.6	1:44:08	10	12:59	14.2
12 (50)	12:13	13	2:38	27.5	1:56:21	10	15:37	15.5
13 (45)	6:51	5	0:48	13.2	2:03:12	10	16:25	15.4
14 (46)	7:12	8	0:53	14.0	2:10:24	10	17:01	15.0
15 (100)	3:38	7	0:28	14.7	2:14:02	10	17:29	15.0
□□	0:32	5	0:04	14.3	2:14:34	10	17:28	14.9