



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Gruhl, Uwe

□□: SG LVB Leipzig

□□□: 2:22:02

□□□□: 8:52 min/km

□□: 16.01 km / 15 □□

□□□□:
H45

□□□□□: 12(of 34)

□□□□□□□: 1:57:06

□□: 24:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	10:29	31	5:01	91.8	10:29	31	5:01	91.8
2 (33)	7:52	13	1:38	26.2	18:21	25	6:32	55.3
3 (36)	4:34	10	0:57	26.3	22:55	22	7:06	44.9
4 (38)	8:35	6	0:48	10.3	31:30	18	7:33	31.5
5 (39)	15:54	14	3:34	28.9	47:24	15	10:20	27.9
6 (40)	42:12	14	21:36	104.9	1:29:36	15	34:22	62.2
7 (41)	2:21	13	0:47	50.0	1:31:57	14	17:49	24.0
8 (42)	9:43	13	2:11	29.0	1:41:40	14	20:00	24.5
9 (43)	1:10	8	0:11	18.6	1:42:50	13	20:06	24.3
10 (100)	0:44	9	0:07	18.9	1:43:34	13	20:11	24.2
11 (44)	8:22	9	1:43	25.8	1:51:56	13	20:47	22.8
12 (50)	11:04	8	1:29	15.5	2:03:00	13	22:16	22.1
13 (45)	6:53	6	0:50	13.8	2:09:53	12	23:06	21.6
14 (46)	7:42	11	1:23	21.9	2:17:35	12	24:12	21.3
15 (100)	3:52	9	0:42	22.1	2:21:27	12	24:54	21.4
□□	0:35	8	0:07	25.0	2:22:02	12	24:56	21.3