



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

□□□□

Ehms, Holger

□□: SG LVB Leipzig

□□□: 3:10:01

□□□□: 11:52 min/km

□□: 16.01 km / 15 □□

□□□□:
H45

□□□□□: 27(of 34)

□□□□□□□: 1:57:06

□□: 1:12:55

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	10:50	32	5:22	98.2	10:50	32	5:22	98.2
2 (33)	11:53	32	5:39	90.6	22:43	32	10:54	92.2
3 (36)	6:35	29	2:58	82.0	29:18	32	13:29	85.3
4 (38)	12:47	28	5:00	64.2	42:05	32	18:08	75.7
5 (39)	16:42	18	4:22	35.4	58:47	30	21:43	58.6
6 (40)	49:52	26	29:16	142.1	1:48:39	29	53:25	96.7
7 (41)	2:41	23	1:07	71.3	1:51:20	28	37:12	50.2
8 (42)	13:09	26	5:37	74.6	2:04:29	27	42:49	52.4
9 (43)	3:22	29	2:23	242.4	2:07:51	28	45:07	54.5
10 (100)	0:57	24	0:20	54.1	2:08:48	28	45:25	54.5
11 (44)	12:02	28	5:23	81.0	2:20:50	28	49:41	54.5
12 (50)	21:45	27	12:10	127.0	2:42:35	27	1:01:51	61.4
13 (45)	9:40	19	3:37	59.8	2:52:15	27	1:05:28	61.3
14 (46)	11:14	25	4:55	77.8	3:03:29	27	1:10:06	61.8
15 (100)	5:46	26	2:36	82.1	3:09:15	27	1:12:42	62.4
□□	0:46	22	0:18	64.3	3:10:01	27	1:12:55	62.3