



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Hones, Josef

□□: HSV Ried

□□□: 1:20:24

□□□□: 8:00 min/km

□□: 10.04 km / 13 □□

□□□□:
H55

□□□□□: 6(of 23)

□□□□□□: 1:08:30

□□: 11:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	1:58	3	0:12	11.3	1:58	3	0:12	11.3
2 (32)	4:33	4	0:32	13.3	6:31	4	0:25	6.8
3 (33)	7:47	7	1:33	24.9	14:18	6	1:58	16.0
4 (36)	4:35	5	0:33	13.6	18:53	6	2:08	12.7
5 (38)	8:38	2	0:21	4.2	27:31	5	2:00	7.8
6 (40)	23:54	13	13:26	128.3	51:25	6	7:47	17.8
7 (41)	2:13	4	0:25	23.2	53:38	6	8:12	18.1
8 (42)	8:52	6	1:09	14.9	1:02:30	6	9:21	17.6
9 (43)	1:25	5	0:22	34.9	1:03:55	6	9:42	17.9
10 (100)	0:46	7	0:08	21.1	1:04:41	6	9:50	17.9
11 (44)	9:04	9	2:22	35.3	1:13:45	6	12:07	19.7
12 (46)	2:57	1	-	-	1:16:42	6	11:59	18.5
13 (100)	3:11	1	-	-	1:19:53	6	11:53	17.5
□□	0:31	3	0:01	3.3	1:20:24	6	11:54	17.4