



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Rogl, Hartwig

□□: Naturfreunde Seekirchen

□□□: 1:49:33

□□□□: 10:54 min/km

□□: 10.04 km / 13 □□

□□□□:
H55

□□□□□: 16(of 23)

□□□□□□□: 1:08:30

□□: 41:03

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	□□	-	-	%	□□	-	-	%
1 (47)	2:48	16	1:02	58.5	2:48	16	1:02	58.5
2 (32)	5:29	14	1:28	36.5	8:17	16	2:11	35.8
3 (33)	11:40	21	5:26	87.2	19:57	19	7:37	61.8
4 (36)	6:16	14	2:14	55.4	26:13	18	9:28	56.5
5 (38)	14:07	18	5:50	70.4	40:20	18	14:49	58.1
6 (40)	25:40	16	15:12	145.2	1:06:00	18	22:22	51.3
7 (41)	2:39	11	0:51	47.2	1:08:39	18	23:13	51.1
8 (42)	13:41	18	5:58	77.3	1:22:20	18	29:11	54.9
9 (43)	2:27	18	1:24	133.3	1:24:47	18	30:34	56.4
10 (100)	1:11	19	0:33	86.8	1:25:58	18	31:07	56.7
11 (44)	12:08	16	5:26	81.1	1:38:06	16	36:28	59.2
12 (46)	5:19	18	2:22	80.2	1:43:25	16	38:42	59.8
13 (100)	5:23	17	2:12	69.1	1:48:48	16	40:48	60.0
□□	0:45	15	0:15	50.0	1:49:33	16	41:03	59.9