



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Mitzenheim, Sabine

□□□: 2:39:30

□□: VfL Nürnberg

□□□□: 15:53 min/km

□□: 10.04 km / 13 □□

□□□□:
Open

□□□□□: 6(of 10)

□□□□□□: 1:27:04

□□: 1:12:26

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	9:44	7	7:17	297.3	9:44	7	7:17	297.3
2 (32)	7:27	4	3:03	69.3	17:11	7	10:08	143.7
3 (33)	15:34	5	7:14	86.8	32:45	7	17:22	112.9
4 (36)	8:01	4	2:34	47.1	40:46	7	19:56	95.7
5 (38)	18:17	4	9:03	98.0	59:03	6	28:59	96.4
6 (40)	47:39	8	32:37	217.0	1:46:42	7	47:25	80.0
7 (41)	3:13	4	0:33	20.6	1:49:55	6	47:58	77.4
8 (42)	17:41	5	9:06	106.0	2:07:36	6	57:04	80.9
9 (43)	4:04	7	2:51	234.3	2:11:40	6	59:55	83.5
10 (100)	1:22	6	0:34	70.8	2:13:02	6	1:00:29	83.4
11 (44)	13:45	4	6:41	94.6	2:26:47	6	1:07:10	84.4
12 (46)	5:54	4	2:37	79.7	2:32:41	6	1:09:47	84.2
13 (100)	5:52	2	2:15	62.2	2:38:33	6	1:12:02	83.3
□□	0:57	4	0:24	72.7	2:39:30	6	1:12:26	83.2