



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

□□□□

Bruns, Rieke

□□: MTK Bad Harzburg

□□□: 2:10:57

□□□□: 8:52 min/km

□□: 14.76 km / 15 □□

□□□□:

Woman

□□□□□: 15(of 28)

□□□□□□□: 1:27:53

□□: 43:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	0:57	11	0:16	39.0	0:57	11	0:16	39.0
2 (32)	7:24	18	2:40	56.3	8:21	18	2:51	51.8
3 (33)	8:26	17	3:08	59.1	16:47	18	5:59	55.4
4 (36)	5:16	17	2:09	69.0	22:03	18	8:08	58.4
5 (50)	5:42	16	1:43	43.1	27:45	17	9:51	55.0
6 (38)	15:31	17	5:29	54.7	43:16	17	15:20	54.9
7 (39)	11:43	8	2:25	26.0	54:59	17	17:45	47.7
8 (40)	46:01	22	31:23	214.5	1:41:00	18	47:33	89.0
9 (41)	1:56	12	0:34	41.5	1:42:56	16	33:53	49.1
10 (42)	9:21	15	3:10	51.2	1:52:17	16	37:03	49.3
11 (43)	1:16	13	0:20	35.7	1:53:33	15	37:23	49.1
12 (100)	0:42	11	0:14	50.0	1:54:15	15	37:32	48.9
13 (44)	8:35	15	3:12	59.4	2:02:50	15	40:44	49.6
14 (46)	3:44	17	1:06	41.8	2:06:34	15	41:50	49.4
15 (100)	3:49	17	1:06	40.5	2:10:23	15	42:56	49.1
□□	0:34	11	0:08	30.8	2:10:57	15	43:04	49.0