



Ski-O Long  
Silberhütte/Oberpfalz / 21.01.2018

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Schwartz, Renée

□□: SSV Langenhagen

□□□: 3:24:18

□□□□: 15:05 min/km

□□: 13.53 km / 15 □□

□□□□:  
D35

□□□□□: 7(of 8)

□□□□□□□: 1:47:38

□□: 1:36:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	8:01	8	6:14	349.5	8:01	8	6:14	349.5
2 (32)	7:02	8	2:50	67.5	15:03	8	9:04	151.5
3 (33)	9:30	6	2:37	38.0	24:33	8	11:41	90.8
4 (36)	7:00	8	2:55	71.4	31:33	8	14:36	86.1
5 (45)	4:36	8	1:44	60.5	36:09	8	16:20	82.4
6 (38)	19:03	8	8:10	75.0	55:12	8	24:30	79.8
7 (39)	23:49	8	10:21	76.9	1:19:01	8	33:49	74.8
8 (40)	1:19:04	8	43:28	122.1	2:38:05	8	1:17:17	95.7
9 (41)	3:57	8	2:03	107.9	2:42:02	8	1:19:20	95.9
10 (42)	13:44	7	5:30	66.8	2:55:46	7	1:24:50	93.3
11 (43)	2:18	7	1:01	79.2	2:58:04	7	1:25:51	93.1
12 (100)	1:13	7	0:31	73.8	2:59:17	7	1:26:22	93.0
13 (44)	13:07	7	5:54	81.8	3:12:24	7	1:32:16	92.1
14 (46)	5:23	7	2:00	59.1	3:17:47	7	1:34:09	90.9
15 (100)	5:37	7	2:10	62.8	3:23:24	7	1:36:19	90.0
□□	0:54	7	0:21	63.6	3:24:18	7	1:36:40	89.8