



Ski-O Long
Silberhütte/Oberpfalz / 21.01.2018

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Hufnagel, Ingrid

□□: OLA TSV Deggendorf

□□□: 1:39:15

□□□□: 9:56 min/km

□□: 9.99 km / 12 □□

□□□□:
D45

□□□□□: 8(of 18)

□□□□□□□: 1:15:30

□□: 23:45

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (32)	9:32	12	3:02	46.7	9:32	12	3:02	46.7
2 (33)	8:26	4	1:18	18.2	17:58	8	4:20	31.8
3 (36)	7:06	13	2:35	57.2	25:04	10	6:55	38.1
4 (38)	12:06	8	2:41	28.5	37:10	9	8:36	30.1
5 (40)	25:17	10	12:58	105.3	1:02:27	9	14:19	29.7
6 (41)	3:29	15	1:19	60.8	1:05:56	9	15:34	30.9
7 (42)	11:07	8	2:55	35.6	1:17:03	9	18:29	31.6
8 (43)	1:44	12	0:33	46.5	1:18:47	9	18:57	31.7
9 (100)	1:01	12	0:20	48.8	1:19:48	9	19:14	31.8
10 (44)	10:10	10	2:45	37.1	1:29:58	8	21:58	32.3
11 (46)	4:22	12	1:00	29.7	1:34:20	8	22:58	32.2
12 (100)	4:18	7	0:45	21.1	1:38:38	8	23:43	31.7
□□	0:37	5	0:06	19.4	1:39:15	8	23:45	31.5