



Ski-O Middle
 Silberhütte/Oberpfalz / 20.01.2018

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Ritter, Anke

□□: SV TU Ilmenau

□□□: 32:15

□□□□: 7:55 min/km

□□: 4.07 km / 9 □□

□□□□:
 D55

□□□□□: 3(of 9)
 □□□□□□□: 31:05
 □□: 1:10

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	3:00	2	0:07	4.1	3:00	2	0:07	4.1
2 (41)	1:23	5	0:11	15.3	4:23	2	0:18	7.4
3 (32)	3:21	3	0:18	9.8	7:44	2	0:14	3.1
4 (33)	4:35	4	1:03	29.7	12:19	3	0:16	2.2
5 (44)	2:33	3	0:02	1.3	14:52	1	-	-
6 (45)	2:42	4	0:13	8.7	17:34	2	0:12	1.2
7 (31)	7:24	3	0:42	10.5	24:58	3	0:36	2.5
8 (47)	2:34	5	0:10	6.9	27:32	2	0:46	2.9
9 (100)	4:09	4	0:38	18.0	31:41	3	1:11	3.9
□□	0:34	2	0:05	17.2	32:15	3	1:10	3.8