



Ski-O Middle
 Silberhütte/Oberpfalz / 20.01.2018

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Ehms, Holger

□□: SG LVB Leipzig

□□□: 1:02:56

□□□□: 11:02 min/km

□□: 5.70 km / 11 □□

□□□□:
 H45

□□□□□: 32(of 36)

□□□□□□: 35:13

□□: 27:43

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	4:00	31	1:52	87.5	4:00	31	1:52	87.5
2 (42)	6:47	31	3:40	117.7	10:47	31	5:32	105.4
3 (33)	5:32	32	3:07	129.0	16:19	31	8:32	109.6
4 (34)	7:12	31	3:35	99.1	23:31	32	12:07	106.3
5 (44)	6:34	35	3:30	114.1	30:05	32	15:21	104.2
6 (37)	3:41	31	1:28	66.2	33:46	33	16:39	97.3
7 (38)	8:53	31	3:20	60.1	42:39	32	19:37	85.2
8 (31)	3:56	32	1:32	63.9	46:35	32	20:56	81.6
9 (39)	7:01	32	3:20	90.5	53:36	32	23:55	80.6
10 (48)	6:13	34	3:00	93.3	59:49	32	26:54	81.7
11 (100)	2:29	29	0:46	44.7	1:02:18	32	27:31	79.1
□□	0:38	28	0:17	81.0	1:02:56	32	27:43	78.7