



Ski-O Middle
Silberhütte/Oberpfalz / 20.01.2018

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Hones, Josef

□□: HSV Ried

□□□: 29:30

□□□□: 6:51 min/km

□□: 4.30 km / 10 □□

□□□□:
H55

□□□□□: 6(of 21)

□□□□□□: 26:15

□□: 3:15

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	3:10	10	0:48	33.8	3:10	10	0:48	33.8
2 (41)	1:11	4	0:09	14.5	4:21	9	0:57	27.9
3 (42)	2:30	2	0:18	13.6	6:51	9	1:15	22.3
4 (44)	6:05	12	2:04	51.5	12:56	10	3:11	32.7
5 (37)	2:21	3	0:10	7.6	15:17	8	3:05	25.3
6 (46)	4:26	3	0:32	13.7	19:43	6	2:55	17.4
7 (31)	3:10	2	0:18	10.5	22:53	6	2:55	14.6
8 (47)	2:19	6	0:19	15.8	25:12	6	3:14	14.7
9 (48)	2:09	6	0:26	25.2	27:21	6	3:28	14.5
10 (100)	1:42	1	-	-	29:03	6	3:16	12.7
□□	0:27	3	0:03	12.5	29:30	6	3:15	12.4