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Usbeck, Louis

□□: SV Handwerk Erfurt

□□□: 57:47

□□□□: 9:19 min/km

□□: 6.20 km / 10 □□

□□□□:

H16

□□□□□: 2(of 3)

□□□□□□□: 56:27

□□: 1:20

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	4:47	3	0:18	6.7	4:47	3	0:18	6.7
2 (87)	6:37	2	0:09	2.3	11:24	2	0:24	3.6
3 (88)	8:06	2	1:09	16.6	19:30	2	1:33	8.6
4 (91)	3:11	1	-	-	22:41	2	1:27	6.8
5 (90)	2:05	1	-	-	24:46	2	1:14	5.2
6 (72)	15:49	1	-	-	40:35	1	-	-
7 (92)	5:17	3	2:53	120.1	45:52	2	0:17	0.6
8 (94)	3:52	2	0:10	4.5	49:44	2	0:27	0.9
9 (81)	4:09	3	0:55	28.4	53:53	2	1:22	2.6
10 (100)	3:39	1	-	-	57:32	2	1:20	2.4
□□	0:15	1	-	-	57:47	2	1:20	2.4