



Kumru, Sinan

□□: 859

□□: 9.60 km
9,6 km - Lauf

Senioren M40 (40-44 Jahre)

□□□: 51:09

□□: 10.56 km/h

□□□: 5:20 min/km

_____: 67 (of 210)

____/_: 54 (of 132)

[][][]: 33:33

□□□□: 7(of 16)

____: 40:13

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	25:16	6:09	7	5:13	45	8:56	4.10	25:16	6:09	7	5:13	45	8:56
Loddenke	2.20	10:26	4:44	9	2:27	67	3:41	6.30	35:42	5:40	7	7:40	51	12:35
llsenburg/Markt	3.30	15:27	4:40	7	3:16	62	5:01	9.60	51:09	5:19	7	10:56	54	17:36