



Römhild, Jan-Olaf

|||: fit&fun |||: 131

□□: 23.50 km

Halbmarathon Einzel

Männer

□□□: 2:20:13

□□: 9.84 km/h

□□□□: 5:58 min/km

_____: 18 (of 51)

____/_: 12 (of 31)

[][][]: 1:45:53

□□□□: 12(of 31)

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	km		min/km	-	-			km		min/km	-	-		
Wechselstelle 2	11.00	1:04:18	5:50	9	10:02	9	10:02	11.00	1:04:18	5:50	9	10:02	9	10:02
Nordpark Erfurt	12.50	1:15:55	6:04	17	24:18	17	24:18	23.50	2:20:13	5:58	12	34:20	12	34:20