



Koch, Jennifer

 $\square\square$: Mulfingen

[]: 125

□□: 9.75 km10 km Lauf

Seniorinnen W40 (40-44 Jahre)

□□□: 49:04

□□: 11.01 km/h

□□□□: 5:02 min/km

_____: 54 (of 246)

_______: 11 (of 98)

____: 42:01

□□□□: 4(of 17)

____: 46:36

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	3.25	15:40	4:49	4	0:51	11	8:09	3.25	15:40	4:49	4	0:51	11	8:09
<u> </u>	3.25	16:49	5:10	4	1:14	11	2:48	6.50	32:29	4:59	4	2:05	10	4:57
	3.25	16:35	5:06	4	0:36	10	2:30	9.75	49:04	5:01	4	2:28	11	7:03