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Riese, Bernhard

□□: SV Handwerk Erfurt

□□□: 59:42

□□□□: 8:17 min/km

□□: 7.20 km / 20 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 2(of 6)

□□□□□□: 58:04

□□: 1:38

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	□□	-	-	%	□□	-	-	%
1 (61)	3:17	1	-	-	3:17	1	-	-
2 (58)	3:05	3	0:19	11.5	6:22	2	0:05	1.3
3 (68)	3:03	1	-	-	9:25	1	-	-
4 (67)	0:41	2	0:02	5.1	10:06	1	-	-
5 (69)	4:17	2	0:03	1.2	14:23	1	-	-
6 (66)	2:32	2	0:06	4.1	16:55	1	-	-
7 (79)	3:38	2	0:02	0.9	20:33	1	-	-
8 (78)	2:26	4	0:23	18.7	22:59	1	-	-
9 (71)	2:46	1	-	-	25:45	1	-	-
10 (72)	2:10	5	0:33	34.0	27:55	1	-	-
11 (73)	7:03	6	3:26	94.9	34:58	4	2:54	9.0
12 (74)	2:15	1	-	-	37:13	4	2:25	6.9
13 (75)	2:07	5	0:13	11.4	39:20	4	2:38	7.2
14 (76)	1:19	3	0:20	33.9	40:39	4	2:58	7.9
15 (60)	10:42	1	-	-	51:21	2	2:17	4.7
16 (56)	1:46	2	0:07	7.1	53:07	2	2:24	4.7
17 (55)	1:33	5	0:24	34.8	54:40	2	2:37	5.0
18 (44)	1:55	1	-	-	56:35	2	2:23	4.4
19 (46)	1:25	1	-	-	58:00	2	2:01	3.6
20 (99)	1:32	1	-	-	59:32	2	1:41	2.9
□□	0:10	1	-	-	59:42	2	1:38	2.8