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Kramer, Björn

□□: TSG Creidlitz

□□□: 1:01:17

□□□□: 8:30 min/km

□□: 7.20 km / 20 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 3(of 6)

□□□□□□: 58:04

□□: 3:13

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (61)	3:42	3	0:25	12.7	3:42	3	0:25	12.7
2 (58)	2:54	2	0:08	4.8	6:36	3	0:19	5.0
3 (68)	3:24	4	0:21	11.5	10:00	3	0:35	6.2
4 (67)	0:41	2	0:02	5.1	10:41	2	0:35	5.8
5 (69)	4:26	3	0:12	4.7	15:07	3	0:44	5.1
6 (66)	2:52	5	0:26	17.8	17:59	3	1:04	6.3
7 (79)	4:00	5	0:24	11.1	21:59	3	1:26	7.0
8 (78)	2:09	3	0:06	4.9	24:08	3	1:09	5.0
9 (71)	3:23	4	0:37	22.3	27:31	3	1:46	6.9
10 (72)	1:47	2	0:10	10.3	29:18	3	1:23	5.0
11 (73)	3:44	2	0:07	3.2	33:02	2	0:58	3.0
12 (74)	2:42	3	0:27	20.0	35:44	2	0:56	2.7
13 (75)	1:54	1	-	-	37:38	2	0:56	2.5
14 (76)	1:39	5	0:40	67.8	39:17	2	1:36	4.3
15 (60)	12:31	4	1:49	17.0	51:48	3	2:44	5.6
16 (56)	1:57	3	0:18	18.2	53:45	3	3:02	6.0
17 (55)	1:21	3	0:12	17.4	55:06	3	3:03	5.9
18 (44)	2:16	4	0:21	18.3	57:22	3	3:10	5.8
19 (46)	1:48	3	0:23	27.1	59:10	3	3:11	5.7
20 (99)	1:55	4	0:23	25.0	1:01:05	3	3:14	5.6
□□	0:12	2	0:02	20.0	1:01:17	3	3:13	5.5