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Rödel, Michael

□□: TV Coburg-Ketschendorf

□□□: 1:04:42

□□□□: 8:59 min/km

□□: 7.20 km / 20 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 4(of 6)

□□□□□□□: 58:04

□□: 6:38

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1 (61)	4:17	5	1:00	30.5	4:17	5	1:00	30.5
2 (58)	4:17	5	1:31	54.8	8:34	5	2:17	36.3
3 (68)	3:23	3	0:20	10.9	11:57	5	2:32	26.9
4 (67)	0:39	1	-	-	12:36	5	2:30	24.8
5 (69)	5:36	5	1:22	32.3	18:12	5	3:49	26.5
6 (66)	2:26	1	-	-	20:38	5	3:43	22.0
7 (79)	3:38	2	0:02	0.9	24:16	5	3:43	18.1
8 (78)	2:36	5	0:33	26.8	26:52	5	3:53	16.9
9 (71)	3:47	5	1:01	36.8	30:39	5	4:54	19.0
10 (72)	1:55	4	0:18	18.6	32:34	5	4:39	16.7
11 (73)	3:37	1	-	-	36:11	5	4:07	12.8
12 (74)	2:36	2	0:21	15.6	38:47	5	3:59	11.5
13 (75)	1:59	4	0:05	4.4	40:46	5	4:04	11.1
14 (76)	1:33	4	0:34	57.6	42:19	5	4:38	12.3
15 (60)	11:26	3	0:44	6.9	53:45	4	4:41	9.5
16 (56)	1:57	3	0:18	18.2	55:42	4	4:59	9.8
17 (55)	1:29	4	0:20	29.0	57:11	4	5:08	9.9
18 (44)	2:30	5	0:35	30.4	59:41	4	5:29	10.1
19 (46)	2:22	5	0:57	67.1	1:02:03	4	6:04	10.8
20 (99)	2:23	5	0:51	55.4	1:04:26	4	6:35	11.4
□□	0:16	4	0:06	60.0	1:04:42	4	6:38	11.4