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Heinert, Mike

□□: OLV Weimar

□□□: 1:17:07

□□□□: 11:20 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 6(of 12)

□□□□□□: 57:38

□□: 19:29

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (51)	2:45	6	0:44	36.4	2:45	6	0:44	36.4
2 (50)	2:06	8	0:56	80.0	4:51	7	1:40	52.4
3 (61)	2:37	8	1:03	67.0	7:28	8	2:43	57.2
4 (62)	4:15	8	1:46	71.1	11:43	7	3:40	45.6
5 (76)	11:22	5	3:00	35.9	23:05	6	6:26	38.6
6 (75)	1:16	7	0:27	55.1	24:21	6	6:53	39.4
7 (74)	2:44	6	0:44	36.7	27:05	6	7:18	36.9
8 (73)	3:48	3	0:57	33.3	30:53	6	8:09	35.9
9 (72)	6:32	8	2:02	45.2	37:25	6	10:11	37.4
10 (71)	1:56	4	0:31	36.5	39:21	6	9:36	32.3
11 (78)	2:31	6	0:46	43.8	41:52	6	10:19	32.7
12 (79)	3:06	6	1:13	64.6	44:58	6	10:59	32.3
13 (70)	2:38	7	0:35	28.5	47:36	6	11:34	32.1
14 (66)	2:31	5	0:45	42.5	50:07	6	12:19	32.6
15 (67)	8:52	7	3:20	60.2	58:59	6	15:08	34.5
16 (68)	0:43	3	0:03	7.5	59:42	6	15:08	34.0
17 (58)	4:04	8	1:12	41.9	1:03:46	6	16:18	34.3
18 (56)	2:47	7	0:55	49.1	1:06:33	6	17:13	34.9
19 (53)	2:39	5	0:38	31.4	1:09:12	6	17:07	32.9
20 (46)	5:25	8	1:55	54.8	1:14:37	6	18:53	33.9
21 (99)	2:18	7	0:34	32.7	1:16:55	6	19:27	33.9
□□	0:12	6	0:02	20.0	1:17:07	6	19:29	33.8