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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 |