



□□□□

Heinert, Uwe

□□: OLV Weimar

□□□: 1:26:11

□□□□: 12:40 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 7(of 12)

□□□□□□: 57:38

□□: 28:33

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (51)	2:51	7	0:50	41.3	2:51	7	0:50	41.3
2 (50)	1:28	3	0:18	25.7	4:19	6	1:08	35.6
3 (61)	2:05	5	0:31	33.0	6:24	6	1:39	34.7
4 (62)	4:05	7	1:36	64.4	10:29	6	2:26	30.2
5 (76)	22:00	10	13:38	163.0	32:29	9	15:50	95.1
6 (75)	1:04	6	0:15	30.6	33:33	9	16:05	92.1
7 (74)	2:33	5	0:33	27.5	36:06	9	16:19	82.5
8 (73)	4:07	4	1:16	44.4	40:13	8	17:29	76.9
9 (72)	5:38	6	1:08	25.2	45:51	8	18:37	68.4
10 (71)	2:38	9	1:13	85.9	48:29	8	18:44	63.0
11 (78)	2:17	5	0:32	30.5	50:46	8	19:13	60.9
12 (79)	6:31	11	4:38	246.0	57:17	8	23:18	68.6
13 (70)	2:30	5	0:27	22.0	59:47	8	23:45	65.9
14 (66)	2:59	7	1:13	68.9	1:02:46	8	24:58	66.1
15 (67)	7:17	4	1:45	31.6	1:10:03	8	26:12	59.8
16 (68)	0:43	3	0:03	7.5	1:10:46	8	26:12	58.8
17 (58)	3:23	4	0:31	18.0	1:14:09	8	26:41	56.2
18 (56)	2:31	5	0:39	34.8	1:16:40	8	27:20	55.4
19 (53)	2:20	4	0:19	15.7	1:19:00	7	26:55	51.7
20 (46)	4:55	6	1:25	40.5	1:23:55	7	28:11	50.6
21 (99)	1:57	4	0:13	12.5	1:25:52	7	28:24	49.4
□□	0:19	10	0:09	90.0	1:26:11	7	28:33	49.5