



□□□□

Bombien, Frank

□□: OLV Weimar

□□□: 1:28:00

□□□□: 12:56 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 8(of 12)

□□□□□□: 57:38

□□: 30:22

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (51)	3:00	8	0:59	48.8	3:00	8	0:59	48.8
2 (50)	1:55	7	0:45	64.3	4:55	8	1:44	54.5
3 (61)	2:10	6	0:36	38.3	7:05	7	2:20	49.1
4 (62)	5:01	10	2:32	102.0	12:06	8	4:03	50.3
5 (76)	12:50	7	4:28	53.4	24:56	7	8:17	49.8
6 (75)	1:36	9	0:47	95.9	26:32	7	9:04	51.9
7 (74)	2:53	7	0:53	44.2	29:25	7	9:38	48.7
8 (73)	5:07	7	2:16	79.5	34:32	7	11:48	51.9
9 (72)	6:06	7	1:36	35.6	40:38	7	13:24	49.2
10 (71)	2:19	6	0:54	63.5	42:57	7	13:12	44.4
11 (78)	3:54	9	2:09	122.9	46:51	7	15:18	48.5
12 (79)	3:16	7	1:23	73.5	50:07	7	16:08	47.5
13 (70)	3:28	9	1:25	69.1	53:35	7	17:33	48.7
14 (66)	3:25	8	1:39	93.4	57:00	7	19:12	50.8
15 (67)	9:13	8	3:41	66.6	1:06:13	7	22:22	51.0
16 (68)	1:15	10	0:35	87.5	1:07:28	7	22:54	51.4
17 (58)	4:09	9	1:17	44.8	1:11:37	7	24:09	50.9
18 (56)	3:03	8	1:11	63.4	1:14:40	7	25:20	51.4
19 (53)	5:27	9	3:26	170.3	1:20:07	8	28:02	53.8
20 (46)	5:01	7	1:31	43.3	1:25:08	8	29:24	52.8
21 (99)	2:41	9	0:57	54.8	1:27:49	8	30:21	52.8
□□	0:11	2	0:01	10.0	1:28:00	8	30:22	52.7