



□□□□

Berwing, Dieter

□□: SV TU Ilmenau

□□□: 1:43:38

□□□□: 15:14 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 9(of 12)

□□□□□□: 57:38

□□: 46:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (51)	4:04	9	2:03	101.7	4:04	9	2:03	101.7
2 (50)	2:06	8	0:56	80.0	6:10	9	2:59	93.7
3 (61)	2:39	9	1:05	69.2	8:49	9	4:04	85.6
4 (62)	4:15	8	1:46	71.1	13:04	9	5:01	62.3
5 (76)	16:47	9	8:25	100.6	29:51	8	13:12	79.3
6 (75)	1:25	8	0:36	73.5	31:16	8	13:48	79.0
7 (74)	3:38	10	1:38	81.7	34:54	8	15:07	76.4
8 (73)	8:17	11	5:26	190.6	43:11	9	20:27	90.0
9 (72)	9:09	11	4:39	103.3	52:20	9	25:06	92.2
10 (71)	2:25	7	1:00	70.6	54:45	9	25:00	84.0
11 (78)	2:55	8	1:10	66.7	57:40	9	26:07	82.8
12 (79)	5:34	10	3:41	195.6	1:03:14	9	29:15	86.1
13 (70)	2:56	8	0:53	43.1	1:06:10	9	30:08	83.6
14 (66)	2:49	6	1:03	59.4	1:08:59	9	31:11	82.5
15 (67)	10:37	9	5:05	91.9	1:19:36	9	35:45	81.5
16 (68)	1:09	9	0:29	72.5	1:20:45	9	36:11	81.2
17 (58)	3:49	7	0:57	33.1	1:24:34	9	37:06	78.2
18 (56)	3:36	9	1:44	92.9	1:28:10	9	38:50	78.7
19 (53)	6:40	10	4:39	230.6	1:34:50	9	42:45	82.1
20 (46)	6:09	9	2:39	75.7	1:40:59	9	45:15	81.2
21 (99)	2:25	8	0:41	39.4	1:43:24	9	45:56	79.9
□□	0:14	8	0:04	40.0	1:43:38	9	46:00	79.8