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Kirchner, Jörg

□□: SV Schmalkalden 04

□□□: 1:54:35

□□□□: 16:51 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 10(of 12)

□□□□□□: 57:38

□□: 56:57

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (51)	4:04	9	2:03	101.7	4:04	9	2:03	101.7
2 (50)	2:08	10	0:58	82.9	6:12	10	3:01	94.8
3 (61)	5:30	11	3:56	251.1	11:42	11	6:57	146.3
4 (62)	3:31	5	1:02	41.6	15:13	10	7:10	89.0
5 (76)	22:01	11	13:39	163.2	37:14	10	20:35	123.6
6 (75)	2:09	10	1:20	163.3	39:23	10	21:55	125.5
7 (74)	3:29	9	1:29	74.2	42:52	10	23:05	116.7
8 (73)	4:53	6	2:02	71.4	47:45	10	25:01	110.0
9 (72)	8:46	10	4:16	94.8	56:31	10	29:17	107.5
10 (71)	2:52	10	1:27	102.4	59:23	10	29:38	99.6
11 (78)	6:47	11	5:02	287.6	1:06:10	10	34:37	109.7
12 (79)	4:09	9	2:16	120.4	1:10:19	10	36:20	106.9
13 (70)	4:07	11	2:04	100.8	1:14:26	10	38:24	106.6
14 (66)	3:34	9	1:48	101.9	1:18:00	10	40:12	106.4
15 (67)	12:35	10	7:03	127.4	1:30:35	10	46:44	106.6
16 (68)	1:06	8	0:26	65.0	1:31:41	10	47:07	105.7
17 (58)	5:23	11	2:31	87.8	1:37:04	10	49:36	104.5
18 (56)	3:51	10	1:59	106.3	1:40:55	10	51:35	104.6
19 (53)	4:07	8	2:06	104.1	1:45:02	10	52:57	101.7
20 (46)	6:31	10	3:01	86.2	1:51:33	10	55:49	100.2
21 (99)	2:46	10	1:02	59.6	1:54:19	10	56:51	98.9
□□	0:16	9	0:06	60.0	1:54:35	10	56:57	98.8