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Kretzschmar, Frank

□□: OLV Weimar

□□□: 1:28:25

□□□□: 14:44 min/km

□□: 6.00 km / 18 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 9(of 12)

□□□□□□: 59:18

□□: 29:07

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	□□	-	-	%	□□	-	-	%
1 (41)	2:24	10	1:05	82.3	2:24	10	1:05	82.3
2 (48)	5:56	11	4:01	209.6	8:20	11	4:56	145.1
3 (61)	4:31	10	1:43	61.3	12:51	11	6:39	107.3
4 (62)	3:31	7	1:06	45.5	16:22	9	6:55	73.2
5 (65)	6:39	11	2:29	59.6	23:01	10	9:24	69.0
6 (80)	2:39	11	0:55	52.9	25:40	10	10:19	67.2
7 (76)	7:08	10	3:17	85.3	32:48	10	13:34	70.5
8 (75)	1:56	11	1:03	118.9	34:44	10	14:24	70.8
9 (77)	5:27	11	1:45	47.3	40:11	10	15:55	65.6
10 (78)	2:02	11	0:50	69.4	42:13	10	16:36	64.8
11 (72)	7:18	9	2:40	57.6	49:31	10	19:16	63.7
12 (67)	15:30	11	5:21	52.7	1:05:01	10	23:28	56.5
13 (68)	1:10	10	0:28	66.7	1:06:11	10	23:50	56.3
14 (58)	5:20	11	2:08	66.7	1:11:31	10	25:53	56.7
15 (53)	5:38	11	2:13	64.9	1:17:09	10	25:57	50.7
16 (44)	4:29	11	1:47	66.1	1:21:38	10	27:44	51.5
17 (47)	3:34	7	1:10	48.6	1:25:12	10	27:54	48.7
18 (99)	2:54	10	1:24	93.3	1:28:06	9	29:00	49.1
□□	0:19	10	0:07	58.3	1:28:25	9	29:07	49.1