



LRL Lang Heyda
Heyda / 07.04.2019

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Schlemm, Hermann

□□: USV Jena

□□□: 1:02:27

□□□□: 15:13 min/km

□□: 4.10 km / 12 □□

□□□□:

H65 (Herren ab 65)

□□□□□: 2(of 3)

□□□□□□□: 1:02:12

□□: 0:15

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (53)	5:33	2	0:15	4.7	5:33	2	0:15	4.7
2 (56)	5:18	1	-	-	10:51	1	-	-
3 (58)	5:12	2	1:08	27.9	16:03	1	-	-
4 (66)	9:14	3	3:17	55.2	25:17	2	1:08	4.7
5 (70)	4:29	2	0:02	0.8	29:46	2	1:10	4.1
6 (79)	3:30	2	0:19	10.0	33:16	1	-	-
7 (80)	5:17	3	1:49	52.4	38:33	1	-	-
8 (81)	0:50	3	0:10	25.0	39:23	1	-	-
9 (63)	7:17	3	0:55	14.4	46:40	1	-	-
10 (51)	5:44	2	0:52	17.8	52:24	1	-	-
11 (46)	7:07	3	1:02	17.0	59:31	2	0:11	0.3
12 (99)	2:35	1	-	-	1:02:06	2	0:08	0.2
□□	0:21	3	0:07	50.0	1:02:27	2	0:15	0.4