



□□□□

Lange, Hans

□□: OLV Weimar

□□□: 1:05:14

□□□□: 15:54 min/km

□□: 4.10 km / 12 □□

□□□□:

H65 (Herren ab 65)

□□□□□: 3(of 3)

□□□□□□□: 1:02:12

□□: 3:02

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	□□	-	-	%	□□	-	-	%
1 (53)	5:18	1	-	-	5:18	1	-	-
2 (56)	8:50	3	3:32	66.7	14:08	2	3:17	30.3
3 (58)	4:04	1	-	-	18:12	2	2:09	13.4
4 (66)	5:57	1	-	-	24:09	1	-	-
5 (70)	4:27	1	-	-	28:36	1	-	-
6 (79)	8:13	3	5:02	158.1	36:49	2	3:33	10.7
7 (80)	4:39	2	1:11	34.1	41:28	3	2:55	7.6
8 (81)	0:48	2	0:08	20.0	42:16	3	2:53	7.3
9 (63)	6:52	2	0:30	7.9	49:08	3	2:28	5.3
10 (51)	5:54	3	1:02	21.2	55:02	3	2:38	5.0
11 (46)	7:01	2	0:56	15.3	1:02:03	3	2:43	4.6
12 (99)	2:52	3	0:17	11.0	1:04:55	3	2:57	4.8
□□	0:19	2	0:05	35.7	1:05:14	3	3:02	4.9