



□□□□

Denk, Astrid

□□: SV Handwerk Erfurt

□□□: 1:50:49

□□□□: 22:09 min/km

□□: 5.00 km / 14 □□

□□□□:

ol (lang und leicht)

□□□□□: 3(of 7)

□□□□□□□: 54:21

□□: 1:50:49

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (50)	4:03	4	1:19	48.2	4:03	4	1:19	48.2
2 (49)	1:50	7	0:45	69.2	5:53	4	1:48	44.1
3 (64)	5:16	4	1:50	53.4	11:09	4	3:24	43.9
4 (81)	4:08	3	1:03	34.1	15:17	4	4:04	36.3
5 (78)	6:31	5	2:56	81.9	21:48	4	7:00	47.3
6 (72)	7:33	2	1:44	29.8	29:21	4	8:44	42.4
7 (69)	9:47	3	0:55	10.3	39:08	3	9:39	32.7
8 (66)	50:20	5	43:33	642.0	1:29:28	3	52:25	141.5
9 (59)	4:57	3	1:01	25.9	1:34:25	3	53:26	130.4
10 (57)	5:57	6	4:14	246.6	1:40:22	3	57:40	135.1
11 (54)	2:17	4	0:18	15.1	1:42:39	3	57:53	129.3
12 (52)	2:06	4	0:44	53.7	1:44:45	3	58:37	127.1
13 (45)	3:33	2	0:03	1.4	1:48:18	3	57:10	111.8
14 (99)	2:17	2	0:05	3.8	1:50:35	3	56:28	104.3
□□	0:14	1	-	-	1:50:49	4	1:50:49	-