24. Weinberg-OL

Wörrstadt / 16.06.2019

□□□□

Bernhardt, Arno

□□: ASC Breidenbach

□□□: 1:08:46

□□□□: 15:27 min/km

□□: 4.45 km / 9 □□

□□□□:
Herren 65-

□□□□□: 4(of 7)

□□□□□□□: 52:27

□□: 16:19

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (103)	7:46	6	1:32	24.6	7:46	6	1:32	24.6
2 (132)	10:29	6	6:56	195.3	18:15	6	8:25	85.6
3 (123)	7:05	2	0:09	2.2	25:20	5	8:34	51.1
4 (121)	9:38	3	1:10	13.8	34:58	4	9:44	38.6
5 (128)	5:46	4	0:29	9.2	40:44	4	9:11	29.1
6 (110)	9:07	4	1:43	23.2	49:51	4	10:54	28.0
7 (131)	8:22	4	2:53	52.6	58:13	4	13:47	31.0
8 (118)	7:20	4	1:56	35.8	1:05:33	4	15:43	31.5
9 (100)	2:02	3	0:21	20.8	1:07:35	4	16:04	31.2
□□	1:11	2	0:15	26.8	1:08:46	4	16:19	31.1