



24. Weinberg-OL
Wörrstadt / 16.06.2019

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Birk, Ulrich

□□: TV 1886 Diedenbergen

□□□: 50:48

□□□□: 12:53 min/km

□□: 3.94 km / 9 □□

□□□□:

Trimmer Lang

□□□□□: 4(of 10)

□□□□□□□: 30:12

□□: 20:36

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (106)	5:02	6	2:55	137.8	5:02	6	2:55	137.8
2 (122)	5:29	8	3:33	183.6	10:31	6	5:37	114.6
3 (103)	2:34	4	1:04	71.1	13:05	6	6:30	98.7
4 (109)	7:53	3	4:11	113.1	20:58	4	9:17	79.5
5 (112)	7:43	4	3:23	78.1	28:41	4	12:40	79.1
6 (123)	11:02	5	5:18	92.4	39:43	4	16:50	73.6
7 (131)	3:53	5	2:09	124.0	43:36	4	18:47	75.7
8 (107)	4:39	5	2:02	77.7	48:15	4	20:01	70.9
9 (100)	1:49	5	0:30	38.0	50:04	4	20:31	69.4
□□	0:44	4	0:14	46.7	50:48	4	20:36	68.2