



24. Weinberg-OL
Wörrstadt / 16.06.2019

□□□□

Smolka, Lia

□□: CTG Koblenz

□□□: 32:33

□□□□: 13:33 min/km

□□: 2.40 km / 10 □□

□□□□:

Damen -12

□□□□□: 2(of 6)

□□□□□□: 20:47

□□: 11:46

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (102)	2:23	3	0:20	16.3	2:23	3	0:20	16.3
2 (101)	1:55	2	0:22	23.7	4:18	3	0:04	1.6
3 (104)	4:57	3	1:20	36.9	9:15	2	1:24	17.8
4 (132)	2:28	5	1:03	74.1	11:43	2	2:27	26.4
5 (131)	3:06	5	1:12	63.2	14:49	3	3:39	32.7
6 (114)	1:45	6	0:38	56.7	16:34	3	4:13	34.1
7 (113)	2:39	2	0:23	16.9	19:13	2	4:36	31.5
8 (107)	4:17	6	2:43	173.4	23:30	2	7:19	45.2
9 (118)	4:51	5	2:50	140.5	28:21	2	10:09	55.8
10 (100)	3:22	6	1:31	82.0	31:43	2	11:40	58.2
□□	0:50	3	0:06	13.6	32:33	2	11:46	56.6