



24. Weinberg-OL
Wörrstadt / 16.06.2019

□□□□

Smolka, Kerstin

□□: CTG Koblenz

□□□: 1:03:30

□□□□: 12:43 min/km

□□: 4.99 km / 11 □□

□□□□:

Damen 45-

□□□□□: 5(of 8)

□□□□□□□: 51:13

□□: 12:17

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	5:07	4	2:39	107.4	5:07	4	2:39	107.4
2 (103)	4:37	3	0:53	23.7	9:44	4	3:32	57.0
3 (101)	2:19	6	0:31	28.7	12:03	4	3:50	46.7
4 (111)	6:59	5	1:59	39.7	19:02	5	5:49	44.0
5 (125)	2:26	4	0:21	16.8	21:28	5	5:54	37.9
6 (128)	6:12	1	-	-	27:40	4	4:54	21.5
7 (132)	16:01	6	4:25	38.1	43:41	5	8:57	25.8
8 (123)	8:41	7	2:45	46.4	52:22	5	11:31	28.2
9 (114)	3:58	4	0:28	13.3	56:20	5	11:59	27.0
10 (118)	4:34	2	0:03	1.1	1:00:54	5	12:02	24.6
11 (100)	1:52	5	0:22	24.4	1:02:46	5	12:24	24.6
□□	0:44	1	-	-	1:03:30	5	12:17	24.0