



24. Weinberg-OL
Wörrstadt / 16.06.2019

□□□□

Könekamp, Friderike

□□: SC Königstein

□□□: 1:38:18

□□□□: 19:41 min/km

□□: 4.99 km / 11 □□

□□□□:

Damen 45-

□□□□□: 7(of 8)

□□□□□□□: 51:13

□□: 47:05

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (105) | 10:09 | 8 | 7:41 | 311.5 | 10:09 | 8 | 7:41 | 311.5 |
| 2 (103) | 17:04 | 8 | 13:20 | 357.1 | 27:13 | 8 | 21:01 | 339.0 |
| 3 (101) | 2:01 | 3 | 0:13 | 12.0 | 29:14 | 8 | 21:01 | 255.8 |
| 4 (111) | 8:47 | 7 | 3:47 | 75.7 | 38:01 | 8 | 24:48 | 187.6 |
| 5 (125) | 3:01 | 6 | 0:56 | 44.8 | 41:02 | 8 | 25:28 | 163.6 |
| 6 (128) | 15:44 | 8 | 9:32 | 153.8 | 56:46 | 8 | 34:00 | 149.3 |
| 7 (132) | 15:18 | 5 | 3:42 | 31.9 | 1:12:04 | 8 | 37:20 | 107.5 |
| 8 (123) | 7:31 | 3 | 1:35 | 26.7 | 1:19:35 | 7 | 38:44 | 94.8 |
| 9 (114) | 5:06 | 6 | 1:36 | 45.7 | 1:24:41 | 7 | 40:20 | 90.9 |
| 10 (118) | 9:47 | 8 | 5:16 | 116.6 | 1:34:28 | 7 | 45:36 | 93.3 |
| 11 (100) | 2:42 | 6 | 1:12 | 80.0 | 1:37:10 | 7 | 46:48 | 92.9 |
| □□ | 1:08 | 5 | 0:24 | 54.6 | 1:38:18 | 7 | 47:05 | 91.9 |