



24. Weinberg-OL  
Wörrstadt / 16.06.2019

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Sester, Ruben

□□: TV Oberbexbach

□□□: 38:33

□□□□: 9:47 min/km

□□: 3.94 km / 9 □□

□□□□:

Herren -14

□□□□□: 2(of 5)

□□□□□□□: 33:01

□□: 5:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (106)	3:13	3	0:37	23.7	3:13	3	0:37	23.7
2 (122)	2:26	2	0:05	3.6	5:39	2	0:42	14.1
3 (103)	1:26	3	0:18	26.5	7:05	2	0:35	9.0
4 (109)	5:51	3	1:12	25.8	12:56	2	1:47	16.0
5 (112)	5:19	2	0:29	10.0	18:15	2	2:16	14.2
6 (123)	10:54	3	1:39	17.8	29:09	2	3:55	15.5
7 (131)	2:41	4	0:32	24.8	31:50	2	4:23	16.0
8 (107)	4:06	3	1:01	33.0	35:56	2	5:24	17.7
9 (100)	1:44	2	0:06	6.1	37:40	2	5:30	17.1
□□	0:53	4	0:20	60.6	38:33	2	5:32	16.8