



24. Weinberg-OL  
Wörrstadt / 16.06.2019

□□□□

Gerhard, Nils

□□: TGM Budenheim

□□□: 1:19:58

□□□□: 20:17 min/km

□□: 3.94 km / 9 □□

□□□□:

Herren -14

□□□□□: 5(of 5)

□□□□□□□: 33:01

□□: 46:57

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (106)	6:02	5	3:26	132.1	6:02	5	3:26	132.1
2 (122)	4:36	3	2:15	95.7	10:38	4	5:41	114.8
3 (103)	5:53	5	4:45	419.1	16:31	5	10:01	154.1
4 (109)	13:44	5	9:05	195.3	30:15	5	19:06	171.3
5 (112)	11:56	5	7:06	146.9	42:11	5	26:12	163.9
6 (123)	23:26	5	14:11	153.3	1:05:37	5	40:23	160.0
7 (131)	3:18	5	1:09	53.5	1:08:55	5	41:28	151.1
8 (107)	7:53	5	4:48	155.7	1:16:48	5	46:16	151.5
9 (100)	2:30	5	0:52	53.1	1:19:18	5	47:08	146.5
□□	0:40	2	0:07	21.2	1:19:58	5	46:57	142.2