



24. Weinberg-OL
Wörrstadt / 16.06.2019

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Smolka, Ben

□□: (ohne Verein)

□□□: 1:37:00

□□□□: 11:56 min/km

□□: 8.12 km / 16 □□

□□□□:

Herren 35-

□□□□□: 8(of 9)

□□□□□□□: 59:14

□□: 37:46

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (109)	11:40	9	6:34	128.8	11:40	9	6:34	128.8
2 (111)	2:35	6	0:22	16.5	14:15	9	6:53	93.4
3 (128)	6:04	8	1:51	43.9	20:19	9	8:44	75.4
4 (127)	1:47	5	0:28	35.4	22:06	9	9:12	71.3
5 (119)	5:11	6	0:29	10.3	27:17	8	9:41	55.0
6 (117)	23:22	9	19:34	514.9	50:39	9	28:57	133.4
7 (126)	6:52	3	1:02	17.7	57:31	9	26:12	83.7
8 (118)	11:28	9	4:53	74.2	1:08:59	9	30:34	79.6
9 (106)	2:55	7	1:22	88.2	1:11:54	9	31:47	79.2
10 (114)	4:12	7	1:35	60.5	1:16:06	8	32:58	76.4
11 (104)	5:54	7	1:33	35.6	1:22:00	8	33:16	68.3
12 (103)	3:35	7	1:34	77.7	1:25:35	8	34:31	67.6
13 (102)	3:03	4	0:30	19.6	1:28:38	8	34:41	64.3
14 (113)	4:39	7	1:45	60.3	1:33:17	8	35:37	61.8
15 (107)	1:38	6	0:36	58.1	1:34:55	8	36:11	61.6
16 (100)	1:22	7	0:19	30.2	1:36:17	8	36:19	60.6
□□	0:43	5	0:11	34.4	1:37:00	8	37:46	63.8