



24. Weinberg-OL  
Wörrstadt / 16.06.2019

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Köppl, Carl-Christian

□□: OLV Steinberg

□□□: 1:48:00

□□□□: 13:18 min/km

□□: 8.12 km / 16 □□

□□□□:

Herren 35-

□□□□□: 9(of 9)

□□□□□□□: 59:14

□□: 48:46

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| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (109)  | 7:03     | 4       | 1:57    | 38.2    | 7:03      | 4       | 1:57    | 38.2    |
| 2 (111)  | 2:53     | 8       | 0:40    | 30.1    | 9:56      | 5       | 2:34    | 34.8    |
| 3 (128)  | 5:59     | 7       | 1:46    | 41.9    | 15:55     | 6       | 4:20    | 37.4    |
| 4 (127)  | 2:40     | 9       | 1:21    | 102.5   | 18:35     | 6       | 5:41    | 44.1    |
| 5 (119)  | 7:24     | 8       | 2:42    | 57.5    | 25:59     | 7       | 8:23    | 47.6    |
| 6 (117)  | 16:21    | 8       | 12:33   | 330.3   | 42:20     | 8       | 20:38   | 95.1    |
| 7 (126)  | 9:48     | 8       | 3:58    | 68.0    | 52:08     | 8       | 20:49   | 66.5    |
| 8 (118)  | 10:50    | 7       | 4:15    | 64.6    | 1:02:58   | 8       | 24:33   | 63.9    |
| 9 (106)  | 5:31     | 9       | 3:58    | 255.9   | 1:08:29   | 8       | 28:22   | 70.7    |
| 10 (114) | 8:20     | 9       | 5:43    | 218.5   | 1:16:49   | 9       | 33:41   | 78.1    |
| 11 (104) | 11:23    | 9       | 7:02    | 161.7   | 1:28:12   | 9       | 39:28   | 81.0    |
| 12 (103) | 4:35     | 9       | 2:34    | 127.3   | 1:32:47   | 9       | 41:43   | 81.7    |
| 13 (102) | 3:30     | 6       | 0:57    | 37.3    | 1:36:17   | 9       | 42:20   | 78.5    |
| 14 (113) | 7:07     | 9       | 4:13    | 145.4   | 1:43:24   | 9       | 45:44   | 79.3    |
| 15 (107) | 1:47     | 9       | 0:45    | 72.6    | 1:45:11   | 9       | 46:27   | 79.1    |
| 16 (100) | 1:50     | 8       | 0:47    | 74.6    | 1:47:01   | 9       | 47:03   | 78.5    |
| □□       | 0:59     | 9       | 0:27    | 84.4    | 1:48:00   | 9       | 48:46   | 82.3    |