



24. Weinberg-OL
Wörrstadt / 16.06.2019

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Könekamp, Dirk

□□: SC Königstein

□□□: 1:11:32

□□□□: 9:22 min/km

□□: 7.63 km / 13 □□

□□□□:

Herren 45-

□□□□□: 4(of 10)

□□□□□□□: 54:53

□□: 16:39

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (131)	5:10	7	0:58	23.0	5:10	7	0:58	23.0
2 (123)	4:47	9	1:34	48.7	9:57	7	2:32	34.2
3 (132)	3:29	5	0:58	38.4	13:26	7	3:30	35.2
4 (103)	5:02	4	1:02	25.8	18:28	5	4:32	32.5
5 (104)	3:05	4	1:07	56.8	21:33	5	3:28	19.2
6 (106)	1:22	6	0:17	26.2	22:55	4	3:44	19.5
7 (118)	2:33	9	0:56	57.7	25:28	5	4:19	20.4
8 (120)	13:07	5	3:28	35.9	38:35	5	7:47	25.3
9 (117)	4:59	5	1:20	36.5	43:34	5	9:07	26.5
10 (126)	7:44	6	2:22	44.1	51:18	4	11:29	28.8
11 (128)	5:43	6	2:22	70.7	57:01	5	13:12	30.1
12 (107)	12:02	5	4:02	50.4	1:09:03	4	16:00	30.2
13 (100)	1:43	6	0:34	49.3	1:10:46	4	16:30	30.4
□□	0:46	3	0:13	39.4	1:11:32	4	16:39	30.3