



24. Weinberg-OL
Wörrstadt / 16.06.2019

□□□□

Girke, Hanno

□□: (ohne Verein)

□□□: 1:25:14

□□□□: 11:10 min/km

□□: 7.63 km / 13 □□

□□□□:

Herren 45-

□□□□□: 8(of 10)

□□□□□□: 54:53

□□: 30:21

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	□□	-	-	%	□□	-	-	%
1 (131)	5:29	8	1:17	30.6	5:29	8	1:17	30.6
2 (123)	5:49	10	2:36	80.8	11:18	10	3:53	52.4
3 (132)	3:21	4	0:50	33.1	14:39	9	4:43	47.5
4 (103)	5:34	8	1:34	39.2	20:13	8	6:17	45.1
5 (104)	3:08	5	1:10	59.3	23:21	7	5:16	29.1
6 (106)	2:17	10	1:12	110.8	25:38	9	6:27	33.6
7 (118)	2:20	6	0:43	44.3	27:58	9	6:49	32.2
8 (120)	16:17	9	6:38	68.7	44:15	9	13:27	43.7
9 (117)	9:20	9	5:41	155.7	53:35	8	19:08	55.5
10 (126)	8:01	7	2:39	49.4	1:01:36	8	21:47	54.7
11 (128)	6:50	8	3:29	104.0	1:08:26	8	24:37	56.2
12 (107)	13:40	8	5:40	70.8	1:22:06	8	29:03	54.8
13 (100)	2:13	8	1:04	92.8	1:24:19	8	30:03	55.4
□□	0:55	7	0:22	66.7	1:25:14	8	30:21	55.3