



24. Weinberg-OL  
Wörrstadt / 16.06.2019

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Döllgast, Ralf

□□: TV Oberbexbach

□□□: 47:12

□□□□: 9:27 min/km

□□: 4.99 km / 11 □□

□□□□:

Herren 55-

□□□□□: 3(of 9)

□□□□□□□: 37:02

□□: 10:10

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	□□	-	-	%	□□	-	-	%
1 (105)	2:38	4	0:36	29.5	2:38	4	0:36	29.5
2 (103)	3:50	7	1:03	37.7	6:28	5	1:32	31.1
3 (101)	1:48	4	0:23	27.1	8:16	5	1:47	27.5
4 (111)	4:17	2	0:23	9.8	12:33	3	1:59	18.8
5 (125)	2:38	8	1:14	88.1	15:11	4	3:13	26.9
6 (128)	5:22	3	0:58	22.0	20:33	3	4:11	25.6
7 (132)	11:11	6	2:59	36.4	31:44	3	7:10	29.2
8 (123)	6:09	8	1:53	44.1	37:53	4	9:03	31.4
9 (114)	3:05	2	0:18	10.8	40:58	4	9:21	29.6
10 (118)	4:13	3	0:49	24.0	45:11	3	10:10	29.0
11 (100)	1:17	2	0:01	1.3	46:28	3	10:06	27.8
□□	0:44	2	0:04	10.0	47:12	3	10:10	27.5