



24. Weinberg-OL
Wörrstadt / 16.06.2019

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Berghöfer, Ralf

□□: TV Nieder-OLm

□□□: 1:05:18

□□□□: 13:05 min/km

□□: 4.99 km / 11 □□

□□□□:

Herren 55-

□□□□□: 8(of 9)

□□□□□□□: 37:02

□□: 28:16

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	4:55	8	2:53	141.8	4:55	8	2:53	141.8
2 (103)	9:51	8	7:04	253.9	14:46	9	9:50	199.3
3 (101)	1:36	3	0:11	12.9	16:22	8	9:53	152.4
4 (111)	5:58	6	2:04	53.0	22:20	8	11:46	111.4
5 (125)	1:58	6	0:34	40.5	24:18	8	12:20	103.1
6 (128)	5:37	4	1:13	27.7	29:55	8	13:33	82.8
7 (132)	9:55	3	1:43	20.9	39:50	8	15:16	62.1
8 (123)	5:54	6	1:38	38.3	45:44	8	16:54	58.6
9 (114)	3:27	7	0:40	24.0	49:11	8	17:34	55.6
10 (118)	13:48	9	10:24	305.9	1:02:59	8	27:58	79.9
11 (100)	1:35	6	0:19	25.0	1:04:34	8	28:12	77.5
□□	0:44	2	0:04	10.0	1:05:18	8	28:16	76.3