



24. Weinberg-OL  
Wörrstadt / 16.06.2019

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Käppele, Henning

□□: OLG Siegerland

□□□: 1:39:56

□□□□: 20:01 min/km

□□: 4.99 km / 11 □□

□□□□:

Herren 55-

□□□□□: 9(of 9)

□□□□□□□: 37:02

□□: 1:02:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (105)	4:21	7	2:19	113.9	4:21	7	2:19	113.9
2 (103)	10:14	9	7:27	267.7	14:35	8	9:39	195.6
3 (101)	2:37	8	1:12	84.7	17:12	9	10:43	165.3
4 (111)	11:25	9	7:31	192.7	28:37	9	18:03	170.8
5 (125)	2:58	9	1:34	111.9	31:35	9	19:37	163.9
6 (128)	8:56	9	4:32	103.0	40:31	9	24:09	147.6
7 (132)	28:13	9	20:01	244.1	1:08:44	9	44:10	179.8
8 (123)	12:55	9	8:39	202.7	1:21:39	9	52:49	183.2
9 (114)	6:20	9	3:33	127.5	1:27:59	9	56:22	178.3
10 (118)	8:24	8	5:00	147.1	1:36:23	9	1:01:22	175.3
11 (100)	2:17	9	1:01	80.3	1:38:40	9	1:02:18	171.3
□□	1:16	9	0:36	90.0	1:39:56	9	1:02:54	169.9