



Matthies, Angelina

□□: SCC Berlin

□□: 727

□□: 9.60 km 9,6 km - Lauf

Seniorinnen W30 (30-34 Jahre)

□□□: 47:20

□□: 11.41 km/h

□□□□: 4:56 min/km

_____: 31 (of 148)

[][][]: 42:53

____: 1(of 7)

____: 47:20

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	23:52	5:49	1	-	4	2:49	4.10	23:52	5:49	1	-	55	2:49
Loddenke	2.20	9:14	4:11	1	-	4	0:50	6.30	33:06	5:15	1	-	55	3:39
llsenburg/Markt	3.30	14:14	4:18	1	-	2	0:48	9.60	47:20	4:55	1	-	4	4:27