



Römhild, Jan-Olaf

□□: Mitwochslaufgruppe

□□: 363

□□: 21.10 km Halbmarathon

Senioren M50 (50-54 Jahre)

□□□: 1:59:44

□□: 10.52 km/h

□□□□: 5:40 min/km

_____: 51 (of 82)

____/_: 42 (of 64)

[][][]: 1:15:54

□□□□: 9(of 11)

DDDDD: 1:29:14

	km		min/km	-	-			km		min/km	-	-		
Frankenroda	11.70	1:06:47	5:42	9	15:50	43	23:52	11.70	1:06:47	5:42	9	15:50	43	23:52
Uferstraße in Tre	9.40	52:57	5:37	9	14:42	42	19:58	21.10	1:59:44	5:40	9	30:30	42	43:50