



Laube, Christin

□□: hzmakler & friends

□□: 618

□□: 9.60 km 9,6 km - Lauf

Frauen (20-29 Jahre)

□□□: 56:28

□□: 9.56 km/h

□□□□: 5:53 min/km

_____: 77 (of 147)

____/_: 14 (of 57)

____: 41:37

____: 2(of 4)

_____: 54:28

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	30:32	7:26	3	3:31	28	10:06	4.10	30:32	7:26	3	3:31	28	10:06
Loddenke	2.20	10:15	4:39	1	-	10	2:05	6.30	40:47	6:28	3	2:52	23	12:11
llsenburg/Markt	3.30	15:41	4:45	1	-	12	2:40	9.60	56:28	5:52	2	2:00	14	14:51