



**Christian Friebel** 

□□: 28

□□: 14.00 km Hauptlauf

Senioren M45 (45-49)

□□□: 1:32:13

□□: 9.11 km/h

□□□□: 6:35 min/km

\_\_\_\_\_: 122 (of 163)

\_\_\_\_: 50:40

□□□□: 11(of 12)

DDDDDD: 1:12:44

	km		min/km	-	-			km		min/km	-	-		
Kontrolle 31	5.80	38:47	6:41	10	8:38	94	16:55	5.80	38:47	6:41	10	8:38	94	16:55
Ziel	8.20	53:26	6:30	11	12:20	92	24:38	14.00	1:32:13	6:35	11	19:29	94	41:33

Timing by SPORTident

timing.sportident.com