



Rico Bechmann

□□: Lauffeuer Fröttstädt e.V.

□□: 2

□□: 100.22 km100 Kilometer

Senioren M35 (35-39 Jahre)

□□□: 9:01:37

□□: 11.08 km/h

□□□□: 5:24 min/km

______ (of 187)

____/_: 3 (of 159)

[][][]: 8:24:01

□□□□: 2(of 11)

<u>|</u>|||||||: 8:54:35

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.00	2:15:31	5:01	1	-	3	7:44	27.00	2:15:31	5:01	1	-	3	7:44
Floh-Seligenthal	27.00	2:18:26	5:07	1	-	2	3:48	54.00	4:33:57	5:04	1	-	2	11:32
Finsterbergen	22.00	2:12:38	6:01	3	1:02	5	16:22	76.00	6:46:35	5:20	1	-	2	27:54
Ziel	24.22	2:15:02	5:34	3	10:57	8	2:15:02	100.22	9:01:37	5:24	2	7:02	3	37:36