



Max Stiebling

□□: Die Teigmacher

[]: 12

□□: 100.22 km
100 Kilometer

Senioren M30 (30-34 Jahre)

□□□: 11:41:05

□□: 8.56 km/h

□□□□: 6:59 min/km

_____: 42 (of 187)

____/_: 40 (of 159)

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

□□□□: 5(of 10)

000000: 9:15:08

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.00	3:06:03	6:53	6	50:33	58	58:16	27.00	3:06:03	6:53	6	50:33	58	58:16
Floh-Seligenthal	27.00	3:01:10	6:42	5	37:57	42	46:32	54.00	6:07:13	6:48	5	1:28:30	44	1:44:48
Finsterbergen	22.00	2:46:52	7:35	6	26:40	42	50:36	76.00	8:54:05	7:01	5	1:55:10	43	2:35:24
Ziel	24.22	2:47:00	6:53	6	30:47	39	2:47:00	100.22	11:41:05	6:59	5	2:25:57	40	3:17:04