



Herbst, Phillip

□□: JSG Wernigerode

□□: 638

□□: 9.60 km 9,6 km - Lauf

männliche Jugend U18 (16-17 Jahre)

□□□: 46:37

□□: 11.58 km/h

□□□□: 4:52 min/km

_____: 27 (of 169)

____/_: 23 (of 101)

[][][]: 34:38

□□□□: 4(of 7)

_____: 34:38

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	23:09	5:38	4	6:09	22	6:09	4.10	23:09	5:38	4	6:09	23	23:09
Loddenke	2.20	9:32	4:19	4	2:45	34	2:45	6.30	32:41	5:11	4	8:54	26	8:54
llsenburg/Markt	3.30	13:56	4:13	4	3:05	22	3:17	9.60	46:37	4:51	4	11:59	23	11:59