

Bruß, Max

□□: Schlünamo

□□: 108

□□: 10.00 km Hauptlauf

Männer (20-29 Jahre)

□□□: 48:58

□□: 12.25 km/h

□□□□: 4:54 min/km

_____: 26 (of 61)

________: 24 (of 50)

_____: 33:36

□□□□: 12(of 24)

_____: 34:21

	km		min/km	-	-			km		min/km	-	-		
Runde	2.00	9:01	4:30	12	2:25	20	2:25	2.00	9:01	4:30	12	2:25	20	2:25
Runde	2.00	10:02	5:00	15	3:20	30	3:22	4.00	19:03	4:45	13	5:45	26	5:47
Runde	2.00	10:19	5:09	14	3:22	29	3:32	6.00	29:22	4:53	13	9:07	27	9:19
Runde	2.00	10:20	5:10	14	3:19	26	3:31	8.00	39:42	4:57	13	12:23	27	12:50
Ziel	2.00	9:16	4:38	9	2:18	15	2:32	10.00	48:58	4:53	12	14:37	24	15:22