



Panorama Berglauf  
Luisenthal / 08.07.2023

0000

Löchner, Jens

00: Spontan Runners

00: 45

00: 12.70 km

12,7 km-Lauf

0000:

Senioren M40 (40-44)

000: 1:09:11

00: 11.01 km/h

0000: 5:27 min/km

00000/000: 18 (of 96)

00000/0: 17 (of 64)

000000: 51:31

00000: 5(of 20)

0000000: 1:00:55

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| 000          | 00   | 00    | 00     | 00 | 00   | 00 | 00    | 000   | 000     | 000    | 00 | 00   | 00 | 00    |
|--------------|------|-------|--------|----|------|----|-------|-------|---------|--------|----|------|----|-------|
|              | km   | 00    | min/km | -  | -    | 0  | 0     | km    | 00      | min/km | -  | -    | 0  | 0     |
| Zwischenzeit | 6.80 | 40:22 | 5:56   | 5  | 5:54 | 19 | 10:49 | 6.80  | 40:22   | 5:56   | 5  | 5:54 | 19 | 10:49 |
| Ziel         | 6.80 | 28:49 | 4:14   | 6  | 2:34 | 18 | 6:51  | 12.70 | 1:09:11 | 5:26   | 5  | 8:16 | 17 | 17:40 |