



Volker Ehrlich

[]: Impuls Erfurt

<u>|</u>|: 72

□□: 100.00 km
100 Kilometer

Senioren M60 (60-64)

□□□: 12:50:42

□□: 7.79 km/h

□□□□: 7:42 min/km

_____: 58 (of 153)

____/_: 49 (of 118)

____: 8:41:00

□□□□: 6(of 18)

0000000: 10:51:11

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.00	3:08:27	6:58	5	20:49	42	56:38	27.00	3:08:27	6:58	5	20:49	42	56:38
Floh-Seligenthal	27.00	3:11:32	7:05	4	21:11	39	54:00	54.00	6:19:59	7:02	5	40:01	40	1:50:38
Finsterbergen	22.00	3:14:38	8:50	9	36:35	60	1:13:27	76.00	9:34:37	7:33	5	1:16:09	48	3:04:05
Fröttstädt	24.00	3:16:05	8:10	7	43:22	53	3:16:05	100.00	12:50:42	7:42	6	1:59:31	49	4:09:42