



Volker Dörr

☐: RC Vorwärts Speyer / 100MC

□□: 104

□□: 100.00 km
100 Kilometer

Senioren M65 (65-69)

□□□: 12:43:08

□□: 7.86 km/h

□□□□: 7:37 min/km

_____: 55 (of 153)

_______: 46 (of 118)

____: 8:41:00

[][][]: 1(of 5)

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.00	3:24:55	7:35	1	-	72	1:13:06	27.00	3:24:55	7:35	1	-	72	1:13:06
Floh-Seligenthal	27.00	3:19:06	7:22	1	-	50	1:01:34	54.00	6:44:01	7:28	1	-	60	2:14:40
Finsterbergen	22.00	3:02:24	8:17	1	-	43	1:01:13	76.00	9:46:25	7:42	1	-	53	3:15:53
Fröttstädt	24.00	2:56:43	7:21	2	0:30	31	2:56:43	100.00	12:43:08	7:37	1	-	46	4:02:08