



Jonas Laades

: SSV Erfurt Nord e.V.

□□: 24

□□: 4.30 km Jedermann

männliche Jugend U16 (14-15) J

□□□: 30:07

□□: 7.97 km/h

□□□: 7:00 min/km

_____: 38 (of 44)

____/_: 25 (of 28)

____: **17**:40

____: 3(of 3)

_____: 24:46

	km		min/km	-	-			km		min/km	-	-		
Zwischenzeit I	-	12:48	-	3	2:58	25	5:13	-	12:48	-	3	2:58	25	5:13
Ziel	4.30	17:19	-	3	2:51	24	7:14	4.30	30:07	7:00	3	5:21	25	12:27