



Thomas Dittrich

□□: PaceMaker

□□: 319

□□: 9.25 km9 km Lauf

Senioren M35 (35-39)

□□□: 49:54

□□: 10.82 km/h

□□□□: 5:23 min/km

_____: 52 (of 91)

____/_: 39 (of 57)

____: 36:04

□□□□: 12(of 16)

<u>|</u>||||||: 36:04

	km		min/km	-	-			km		min/km	-	-		
Zwischenzeit I	-	9:02	-	13	3:01	42	3:01	-	9:02	-	13	3:01	42	3:01
Zwischenzeit I	-	23:06	-	12	6:50	42	6:50	-	32:08	-	12	9:51	42	9:51
Ziel	9.25	17:46	-	10	3:59	31	5:00	9.25	49:54	5:23	12	13:50	39	13:50