



Phillip Mahrholdt

□□: 356

□□: 9.25 km9 km Lauf

Senioren M40 (40-44)

□□□: 52:31

□□: 10.28 km/h

□□□: 5:40 min/km

_____: 61 (of 91)

____/_: 44 (of 57)

____: 36:04

□□□□: 6(of 9)

_____: **37:16**

	km		min/km	-	-			km		min/km	-	-		
Zwischenzeit I	-	8:24	-	4	1:43	36	2:23	-	8:24	-	4	1:43	36	2:23
Zwischenzeit I	-	22:44	-	6	5:49	40	6:28	-	31:08	-	5	7:32	39	8:51
Ziel	9.25	21:23	-	8	7:43	50	8:37	9.25	52:31	5:40	6	15:15	44	16:27