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12,5	12	2009	: 11:15
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	Strecke red 2.5 km Höhenunterschied 55 m Höchstanstieg 23 m Höhenmeter 422 m
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1	82		1989	43:36.0	0	1	0	1	2	45:36.0	
2	92		1989	44:12.2	0	0	1	1	2	46:12.2	+ 36.2
3	66		1988	44:14.2	0	0	0	2	2	46:14.2	+ 38.2
4	72		1989	42:32.8	1	1	1	1	4	46:32.8	+ 56.8
5	73		1988	44:50.6	1	1	0	0	2	46:50.6	+ 1:14.6
6	78		1989	43:59.1	1	0	0	2	3	46:59.1	+ 1:23.1
7	71		1988	42:29.3	1	3	0	1	5	47:29.3	+ 1:53.3
8	56		1988	44:38.9	0	0	3	0	3	47:38.9	+ 2:02.9
9	83	-	1988	43:52.2	2	0	0	2	4	47:52.2	+ 2:16.2
10	79	-	1989	44:01.2	2	1	0	1	4	48:01.2	+ 2:25.2
11	88		1988	45:25.6	0	2	0	1	3	48:25.6	+ 2:49.6
12	65		1988	44:50.3	1	1	1	1	4	48:50.3	+ 3:14.3
13	57		1988	44:55.5	1	2	0	1	4	48:55.5	+ 3:19.5
14	55		1989	44:02.6	0	1	1	3	5	49:02.6	+ 3:26.6
15	76		1988	46:16.6	1	1	0	1	3	49:16.6	+ 3:40.6



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16	63			1988		44:37.1	0	1	1	3	5	49:37.1		+ 4:01.1						
		-																		
17	70			1990		44:42.9	3	1	0	1	5	49:42.9		+ 4:06.9						
18	58			1988		46:54.5	1	0	0	2	3	49:54.5		+ 4:18.5						
19	69			1988		43:23.2	1	2	3	1	7	50:23.2		+ 4:47.2						
20	64			1988		44:41.0	1	3	1	1	6	50:41.0		+ 5:05.0						
21	87			1989		45:54.1	0	1	2	2	5	50:54.1		+ 5:18.1						
21	54			1988		43:54.1	2	3	0	2	7	50:54.1		+ 5:18.1						
		-			-2															
23	85			1989		48:37.4	2	1	0	0	3	51:37.4		+ 6:01.4						
24	80			1989		47:54.9	3	0	0	1	4	51:54.9		+ 6:18.9						
25	59			1988		44:06.6	2	1	3	2	8	52:06.6		+ 6:30.6						
		-																		
26	75			1988		47:11.1	0	0	2	3	5	52:11.1		+ 6:35.1						
27	67			1989		48:40.0	1	0	2	1	4	52:40.0		+ 7:04.0						
		-			-2															
28	74			1988		43:52.4	1	3	3	2	9	52:52.4		+ 7:16.4						
29	89			1988		45:22.2	0	5	2	1	8	53:22.2		+ 7:46.2						
30	62			1989		46:27.0	0	2	3	2	7	53:27.0		+ 7:51.0						
31	77			1988		44:45.1	3	1	4	1	9	53:45.1		+ 8:09.1						
		-			-2															
32	60			1988		43:23.9	3	2	3	3	11	54:23.9		+ 8:47.9						
33	61			1988		45:29.8	4	1	1	4	10	55:29.8		+ 9:53.8						
34	84			1989		50:48.8	0	2	2	2	6	56:48.8		+ 11:12.8						



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35	81																			
36	86																			
37	68																			

	90																			
	93																			

	91																			

	93																			