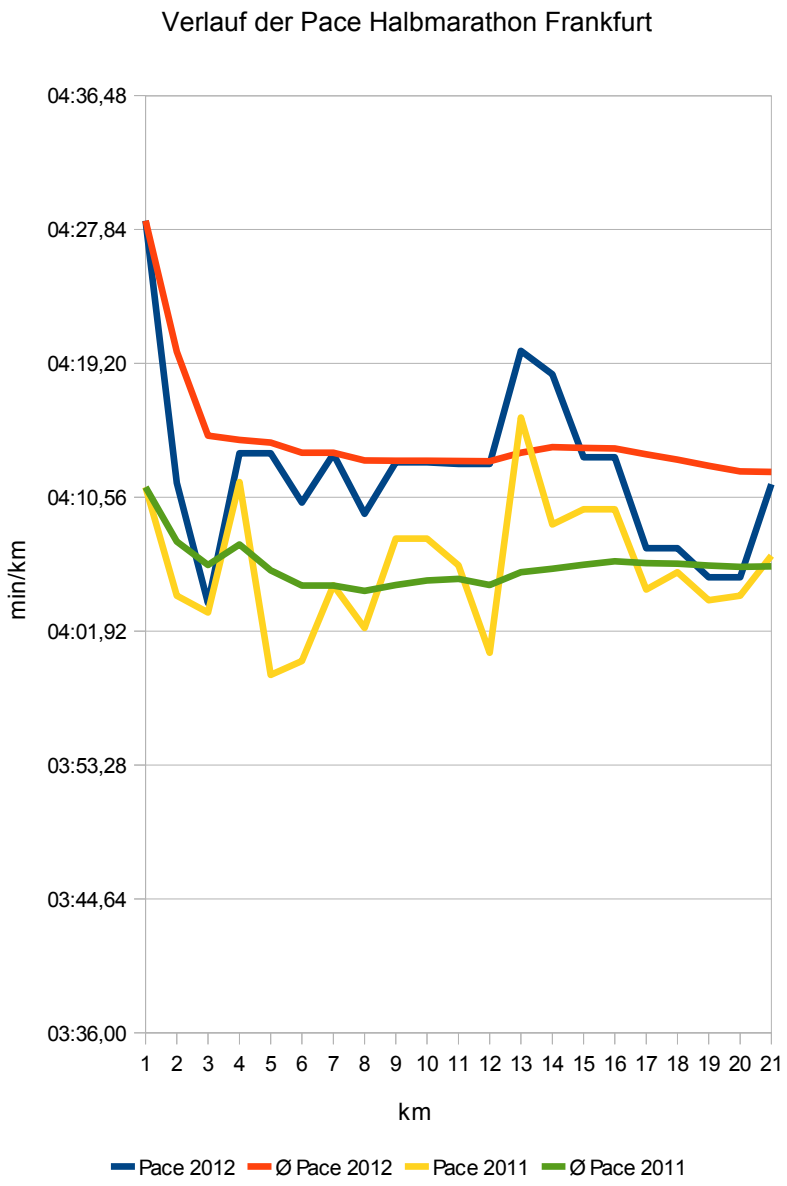
km	Pace 2012	Ø Pace 2012	
1	04:28,41	04:28,41	mainwärts
2	04:11,50	04:19,96	
3	04:03,73	04:14,55	
4	04:13,40	04:14,26	
5	04:13,40	04:14,09	04:10,99
6	04:10,22	04:13,44	
7	04:13,36	04:13,43	
8	04:09,50	04:12,94	
9	04:12,82	04:12,93	
10	04:12,82	04:12,92	stadionwärts
11	04:12,72	04:12,90	
12	04:12,72	04:12,88	
13	04:20,01	04:13,43	
14	04:18,50	04:13,79	04:14,72
15	04:13,15	04:13,75	
16	04:13,15	04:13,71	
17	04:07,28	04:13,33	
18	04:07,28	04:13,00	
19	04:05,40	04:12,60	
20	04:05,40	04:12,24	
21	04:11,40	04:12,20	
21,1	00:24,51	04:12,19	
Σ	01:28:41		

2012



km	Pace 2011	Ø Pace 2011	
1	04:11,22	04:11,22	mainwärts
2	04:04,21	04:07,72	
3	04:03,13	04:06,19	
4	04:11,54	04:07,53	
5	03:59,10	04:05,84	04:04,11
6	04:00,00	04:04,87	
7	04:04,89	04:04,87	
8	04:02,12	04:04,53	
9	04:07,89	04:04,90	
10	04:07,89	04:05,20	stadionwärts
11	04:06,18	04:05,29	
12	04:00,53	04:04,89	
13	04:15,71	04:05,72	
14	04:08,81	04:05,94	04:08,38
15	04:09,78	04:06,20	
16	04:09,78	04:06,42	
17	04:04,61	04:06,32	
18	04:05,73	04:06,28	
19	04:03,92	04:06,16	
20	04:04,21	04:06,06	
21	04:06,80	04:06,10	
21,1	00:24,06	04:06,80	
Σ	01:26:32		

2011