

Splits

Split	Tageszeit	Zeit	Diff	min/km	km/h
5 km	10:22:34	00:21:12	21:12	04:15	14.15
10 km	10:43:43	00:42:22	21:10	04:14	14.18
15 km	11:04:15	01:02:53	20:31	04:07	14.62
20 km	11:24:51	01:23:29	20:36	04:08	14.56
Halb	11:29:23	01:28:01	04:32	04:08	14.52
25 km	11:45:28	01:44:06	16:05	04:08	14.57
30 km	12:06:16	02:04:55	20:49	04:10	14.41
35 km	12:27:07	02:25:45	20:50	04:11	14.40
40 km	12:48:19	02:46:58	21:13	04:15	14.14
Netto	12:57:41	02:56:20	09:22	04:16	14.06