



Thüringen Pokal 2017 und TRL  
Heyda / 09.09.2017

□□□□

Kontkanen, Lauri

□□: OLV Weimar

□□□: 51:29

□□□□: 8:02 min/km

□□: 6.40 km / 17 □□

□□□□:

H19 (H 21)

□□□□□: 4(of 10)

□□□□□□: 44:11

□□: 7:18

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	2:50	2	0:25	17.2	2:50	2	0:25	17.2
2 (53)	4:23	3	0:24	10.0	7:13	2	0:37	9.3
3 (39)	1:38	4	0:20	25.6	8:51	2	0:57	12.0
4 (42)	0:57	3	0:12	26.7	9:48	3	1:09	13.3
5 (33)	2:17	4	0:21	18.1	12:05	3	1:25	13.3
6 (48)	1:54	4	0:24	26.7	13:59	3	1:41	13.7
7 (56)	4:42	3	1:04	29.4	18:41	2	2:45	17.3
8 (31)	6:02	6	1:12	24.8	24:43	3	3:18	15.4
9 (38)	1:52	2	0:16	16.7	26:35	3	3:34	15.5
10 (37)	3:16	6	0:36	22.5	29:51	3	4:10	16.2
11 (36)	2:34	3	0:16	11.6	32:25	3	4:26	15.8
12 (35)	4:43	8	1:50	63.6	37:08	4	6:07	19.7
13 (50)	3:29	7	0:54	34.8	40:37	4	7:01	20.9
14 (52)	2:56	4	0:37	26.6	43:33	4	6:40	18.1
15 (32)	1:32	6	0:33	55.9	45:05	4	7:03	18.5
16 (55)	3:34	3	0:16	8.1	48:39	4	6:51	16.4
17 (99)	2:11	4	0:21	19.1	50:50	4	7:12	16.5
□□	0:39	7	0:11	39.3	51:29	4	7:18	16.5