



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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Pasda, Florian

□□: USV Jena

□□□: 46:07

□□□□: 7:12 min/km

□□: 6.40 km / 17 □□

□□□□:

H19 (H 21)

□□□□□: 2(of 10)

□□□□□□□: 44:11

□□: 1:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	3:31	4	1:06	45.5	3:31	4	1:06	45.5
2 (53)	3:59	1	-	-	7:30	3	0:54	13.6
3 (39)	1:25	2	0:07	9.0	8:55	3	1:01	12.9
4 (42)	0:47	2	0:02	4.4	9:42	2	1:03	12.1
5 (33)	1:56	1	-	-	11:38	2	0:58	9.1
6 (48)	1:30	1	-	-	13:08	2	0:50	6.8
7 (56)	6:02	8	2:24	66.1	19:10	3	3:14	20.3
8 (31)	4:50	1	-	-	24:00	2	2:35	12.1
9 (38)	1:59	3	0:23	24.0	25:59	2	2:58	12.9
10 (37)	2:40	1	-	-	28:39	2	2:58	11.6
11 (36)	2:24	2	0:06	4.4	31:03	2	3:04	11.0
12 (35)	2:53	1	-	-	33:56	2	2:55	9.4
13 (50)	2:41	2	0:06	3.9	36:37	2	3:01	9.0
14 (52)	2:19	1	-	-	38:56	2	2:03	5.6
15 (32)	1:17	3	0:18	30.5	40:13	2	2:11	5.7
16 (55)	3:18	1	-	-	43:31	2	1:43	4.1
17 (99)	2:01	2	0:11	10.0	45:32	2	1:54	4.4
□□	0:35	5	0:07	25.0	46:07	2	1:56	4.4