



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

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Heinert, Uwe

□□: OLV Weimar

□□□: 58:22

□□□□: 9:07 min/km

□□: 6.40 km / 17 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 3(of 6)

□□□□□□: 47:34

□□: 14:44

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	5:06	6	2:35	102.7	5:06	6	2:35	102.7
2 (53)	4:52	3	1:13	33.3	9:58	4	3:48	61.6
3 (39)	1:56	4	0:39	50.7	11:54	4	4:27	59.7
4 (42)	1:16	3	0:21	38.2	13:10	4	4:48	57.4
5 (33)	2:38	4	0:46	41.1	15:48	4	5:34	54.4
6 (48)	1:48	2	0:18	20.0	17:36	4	5:52	50.0
7 (56)	6:14	4	2:09	52.7	23:50	4	8:01	50.7
8 (31)	5:39	4	1:01	21.9	29:29	4	8:55	43.4
9 (38)	2:03	2	0:06	5.1	31:32	4	8:41	38.0
10 (37)	3:33	4	0:48	29.1	35:05	4	9:19	36.2
11 (36)	3:19	4	1:12	56.7	38:24	4	10:31	37.7
12 (35)	4:52	4	1:30	44.6	43:16	4	12:01	38.5
13 (50)	3:37	3	1:04	41.8	46:53	4	13:05	38.7
14 (52)	2:54	3	0:30	20.8	49:47	4	13:35	37.5
15 (32)	1:13	2	0:09	14.1	51:00	4	13:35	36.3
16 (55)	4:28	4	1:25	46.5	55:28	4	14:22	35.0
17 (99)	2:08	2	0:18	16.4	57:36	4	14:40	34.2
□□	0:46	6	0:10	27.8	58:22	4	14:44	33.8