



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

□□□□

Riese, Christoph

□□: SV Handwerk Erfurt

□□□: 53:30

□□□□: 8:21 min/km

□□: 6.40 km / 17 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 2(of 6)

□□□□□□: 47:34

□□: 9:52

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	3:13	3	0:42	27.8	3:13	3	0:42	27.8
2 (53)	5:49	4	2:10	59.4	9:02	3	2:52	46.5
3 (39)	1:47	2	0:30	39.0	10:49	3	3:22	45.2
4 (42)	1:32	5	0:37	67.3	12:21	3	3:59	47.6
5 (33)	2:26	3	0:34	30.4	14:47	3	4:33	44.5
6 (48)	2:00	4	0:30	33.3	16:47	3	5:03	43.0
7 (56)	4:29	3	0:24	9.8	21:16	3	5:27	34.5
8 (31)	5:06	3	0:28	10.1	26:22	3	5:48	28.2
9 (38)	2:05	3	0:08	6.8	28:27	3	5:36	24.5
10 (37)	3:04	3	0:19	11.5	31:31	3	5:45	22.3
11 (36)	2:28	3	0:21	16.5	33:59	3	6:06	21.9
12 (35)	3:58	3	0:36	17.8	37:57	3	6:42	21.4
13 (50)	3:27	2	0:54	35.3	41:24	3	7:36	22.5
14 (52)	3:28	4	1:04	44.4	44:52	3	8:40	23.9
15 (32)	1:30	4	0:26	40.6	46:22	3	8:57	23.9
16 (55)	3:18	2	0:15	8.2	49:40	3	8:34	20.8
17 (99)	3:14	5	1:24	76.4	52:54	3	9:58	23.2
□□	0:36	1	-	-	53:30	3	9:52	22.6