



# Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

□□□□

Bombien, Frank

□□: OLV Weimar

□□□: 1:26:24

□□□□: 13:30 min/km

□□: 6.40 km / 17 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 5(of 6)

□□□□□□: 47:34

□□: 42:46

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	4:55	5	2:24	95.4	4:55	5	2:24	95.4
2 (53)	5:50	5	2:11	59.8	10:45	6	4:35	74.3
3 (39)	2:32	6	1:15	97.4	13:17	6	5:50	78.3
4 (42)	2:26	6	1:31	165.5	15:43	6	7:21	87.9
5 (33)	3:56	6	2:04	110.7	19:39	6	9:25	92.0
6 (48)	3:33	6	2:03	136.7	23:12	6	11:28	97.7
7 (56)	11:00	6	6:55	169.4	34:12	6	18:23	116.2
8 (31)	8:23	6	3:45	80.9	42:35	6	22:01	107.1
9 (38)	4:10	6	2:13	113.7	46:45	6	23:54	104.6
10 (37)	4:03	5	1:18	47.3	50:48	6	25:02	97.2
11 (36)	9:41	6	7:34	357.5	1:00:29	6	32:36	116.9
12 (35)	5:05	5	1:43	51.0	1:05:34	6	34:19	109.8
13 (50)	3:38	4	1:05	42.5	1:09:12	6	35:24	104.7
14 (52)	3:58	5	1:34	65.3	1:13:10	6	36:58	102.1
15 (32)	2:25	6	1:21	126.6	1:15:35	6	38:10	102.0
16 (55)	6:02	6	2:59	97.8	1:21:37	6	40:31	98.6
17 (99)	4:02	6	2:12	120.0	1:25:39	6	42:43	99.5
□□	0:45	4	0:09	25.0	1:26:24	6	42:46	98.0