



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

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Töpfer, Christian

□□: USV Jena

□□□: 47:34

□□□□: 7:25 min/km

□□: 6.40 km / 17 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 1(of 6)

□□□□□□: 47:34

□□: 3:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	3:08	2	0:37	24.5	3:08	2	0:37	24.5
2 (53)	4:04	2	0:25	11.4	7:12	2	1:02	16.8
3 (39)	1:48	3	0:31	40.3	9:00	2	1:33	20.8
4 (42)	1:13	2	0:18	32.7	10:13	2	1:51	22.1
5 (33)	2:18	2	0:26	23.2	12:31	2	2:17	22.3
6 (48)	1:56	3	0:26	28.9	14:27	2	2:43	23.2
7 (56)	4:23	2	0:18	7.4	18:50	2	3:01	19.1
8 (31)	4:38	1	-	-	23:28	2	2:54	14.1
9 (38)	1:57	1	-	-	25:25	2	2:34	11.2
10 (37)	2:45	1	-	-	28:10	2	2:24	9.3
11 (36)	2:19	2	0:12	9.5	30:29	2	2:36	9.3
12 (35)	3:22	1	-	-	33:51	2	2:36	8.3
13 (50)	4:09	6	1:36	62.8	38:00	2	4:12	12.4
14 (52)	2:28	2	0:04	2.8	40:28	2	4:16	11.8
15 (32)	1:04	1	-	-	41:32	2	4:07	11.0
16 (55)	3:03	1	-	-	44:35	2	3:29	8.5
17 (99)	2:22	3	0:32	29.1	46:57	2	4:01	9.4
□□	0:37	2	0:01	2.8	47:34	2	3:56	9.0