



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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Pöhlmann, Lutz

□□: USV Jena

□□□: 1:24:18

□□□□: 20:04 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 10(of 10)

□□□□□□□: 31:13

□□: 53:05

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	25:41	10	22:44	770.6	25:41	10	22:44	770.6
2 (38)	7:14	10	5:20	280.7	32:55	10	27:52	551.8
3 (37)	5:14	10	2:28	89.2	38:09	10	30:16	383.9
4 (36)	6:32	9	4:08	172.2	44:41	10	34:24	334.5
5 (35)	5:31	7	2:05	60.7	50:12	10	36:28	265.5
6 (50)	3:53	6	0:55	30.9	54:05	10	37:01	216.9
7 (51)	2:34	10	1:22	113.9	56:39	10	38:20	209.3
8 (34)	6:58	10	5:07	276.6	1:03:37	10	43:27	215.5
9 (33)	2:10	10	1:17	145.3	1:05:47	10	44:44	212.5
10 (52)	4:51	9	2:33	110.9	1:10:38	10	47:07	200.4
11 (40)	7:41	10	3:17	74.6	1:18:19	10	50:19	179.7
12 (99)	5:08	10	2:32	97.4	1:23:27	10	52:51	172.7
□□	0:51	8	0:17	50.0	1:24:18	10	53:05	170.1