



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

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Lindner, Joachim

□□: USV Jena

□□□: 37:28

□□□□: 8:55 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 4(of 10)

□□□□□□□: 31:13

□□: 6:15

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	3:36	3	0:39	22.0	3:36	3	0:39	22.0
2 (38)	2:15	3	0:21	18.4	5:51	3	0:48	15.8
3 (37)	3:22	3	0:36	21.7	9:13	3	1:20	16.9
4 (36)	2:47	2	0:23	16.0	12:00	3	1:43	16.7
5 (35)	5:37	8	2:11	63.6	17:37	4	3:53	28.3
6 (50)	4:06	7	1:08	38.2	21:43	5	4:39	27.3
7 (51)	1:12	1	-	-	22:55	4	4:36	25.1
8 (34)	2:26	4	0:35	31.5	25:21	4	5:11	25.7
9 (33)	1:22	5	0:29	54.7	26:43	4	5:40	26.9
10 (52)	2:55	3	0:37	26.8	29:38	4	6:07	26.0
11 (40)	4:24	1	-	-	34:02	4	6:02	21.6
12 (99)	2:51	2	0:15	9.6	36:53	4	6:17	20.5
□□	0:35	2	0:01	2.9	37:28	4	6:15	20.0