



Thüringen Pokal 2017 und TRL  
Heyda / 09.09.2017

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Kirchner, Jörg

□□: SV Schmalkalden 04

□□□: 52:48

□□□□: 12:34 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 8(of 10)

□□□□□□□: 31:13

□□: 21:35

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	4:09	6	1:12	40.7	4:09	6	1:12	40.7
2 (38)	2:44	6	0:50	43.9	6:53	6	1:50	36.3
3 (37)	4:04	7	1:18	47.0	10:57	7	3:04	38.9
4 (36)	4:55	8	2:31	104.9	15:52	7	5:35	54.3
5 (35)	7:09	10	3:43	108.3	23:01	8	9:17	67.6
6 (50)	4:40	9	1:42	57.3	27:41	8	10:37	62.2
7 (51)	2:22	7	1:10	97.2	30:03	8	11:44	64.1
8 (34)	2:58	7	1:07	60.4	33:01	8	12:51	63.7
9 (33)	1:35	8	0:42	79.3	34:36	8	13:33	64.4
10 (52)	6:39	10	4:21	189.1	41:15	8	17:44	75.4
11 (40)	7:17	9	2:53	65.5	48:32	8	20:32	73.3
12 (99)	3:22	6	0:46	29.5	51:54	8	21:18	69.6
□□	0:54	9	0:20	58.8	52:48	8	21:35	69.1