



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

□□□□

Berwing, Dieter

□□: SV TU Ilmenau

□□□: 49:36

□□□□: 11:48 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 7(of 10)

□□□□□□□: 31:13

□□: 18:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	4:54	8	1:57	66.1	4:54	8	1:57	66.1
2 (38)	3:27	8	1:33	81.6	8:21	8	3:18	65.4
3 (37)	4:09	9	1:23	50.0	12:30	8	4:37	58.6
4 (36)	4:09	7	1:45	72.9	16:39	8	6:22	61.9
5 (35)	5:53	9	2:27	71.4	22:32	7	8:48	64.1
6 (50)	4:14	8	1:16	42.7	26:46	7	9:42	56.8
7 (51)	1:46	5	0:34	47.2	28:32	7	10:13	55.8
8 (34)	3:24	8	1:33	83.8	31:56	7	11:46	58.4
9 (33)	1:27	7	0:34	64.2	33:23	7	12:20	58.6
10 (52)	3:32	7	1:14	53.6	36:55	7	13:24	57.0
11 (40)	6:41	8	2:17	51.9	43:36	7	15:36	55.7
12 (99)	5:06	9	2:30	96.2	48:42	7	18:06	59.2
□□	0:54	9	0:20	58.8	49:36	7	18:23	58.9