



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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Ehms, Jürgen

□□: USV Jena

□□□: 40:40

□□□□: 9:40 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 5(of 10)

□□□□□□□: 31:13

□□: 9:27

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (31)	3:55	5	0:58	32.8	3:55	5	0:58	32.8
2 (38)	2:07	2	0:13	11.4	6:02	5	0:59	19.5
3 (37)	3:47	6	1:01	36.8	9:49	5	1:56	24.5
4 (36)	3:20	6	0:56	38.9	13:09	5	2:52	27.9
5 (35)	4:41	5	1:15	36.4	17:50	5	4:06	29.9
6 (50)	3:37	4	0:39	21.9	21:27	4	4:23	25.7
7 (51)	2:23	9	1:11	98.6	23:50	6	5:31	30.1
8 (34)	2:49	6	0:58	52.3	26:39	6	6:29	32.2
9 (33)	1:11	3	0:18	34.0	27:50	6	6:47	32.2
10 (52)	3:16	6	0:58	42.0	31:06	6	7:35	32.3
11 (40)	6:03	5	1:39	37.5	37:09	6	9:09	32.7
12 (99)	2:55	3	0:19	12.2	40:04	5	9:28	30.9
□□	0:36	3	0:02	5.9	40:40	5	9:27	30.3