



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

□□□□

Laske, Dietmar

□□: SV TU Ilmenau

□□□: 41:45

□□□□: 9:56 min/km

□□: 4.20 km / 12 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 6(of 10)

□□□□□□□: 31:13

□□: 10:32

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|---------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (31) | 4:29 | 7 | 1:32 | 52.0 | 4:29 | 7 | 1:32 | 52.0 |
| 2 (38) | 2:50 | 7 | 0:56 | 49.1 | 7:19 | 7 | 2:16 | 44.9 |
| 3 (37) | 3:35 | 5 | 0:49 | 29.5 | 10:54 | 6 | 3:01 | 38.3 |
| 4 (36) | 2:54 | 4 | 0:30 | 20.8 | 13:48 | 6 | 3:31 | 34.2 |
| 5 (35) | 4:21 | 4 | 0:55 | 26.7 | 18:09 | 6 | 4:25 | 32.2 |
| 6 (50) | 3:41 | 5 | 0:43 | 24.2 | 21:50 | 6 | 4:46 | 27.9 |
| 7 (51) | 1:55 | 6 | 0:43 | 59.7 | 23:45 | 5 | 5:26 | 29.7 |
| 8 (34) | 2:31 | 5 | 0:40 | 36.0 | 26:16 | 5 | 6:06 | 30.3 |
| 9 (33) | 1:22 | 5 | 0:29 | 54.7 | 27:38 | 5 | 6:35 | 31.3 |
| 10 (52) | 3:03 | 4 | 0:45 | 32.6 | 30:41 | 5 | 7:10 | 30.5 |
| 11 (40) | 6:15 | 6 | 1:51 | 42.1 | 36:56 | 5 | 8:56 | 31.9 |
| 12 (99) | 4:02 | 8 | 1:26 | 55.1 | 40:58 | 6 | 10:22 | 33.9 |
| □□ | 0:47 | 6 | 0:13 | 38.2 | 41:45 | 6 | 10:32 | 33.7 |