



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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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

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
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