



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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Genatis, Uwe

□□: SV Mietraching

□□□: 37:16

□□□□: 10:38 min/km

□□: 3.50 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 4(of 8)

□□□□□□□: 31:00

□□: 6:16

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	4:42	7	1:43	57.5	4:42	7	1:43	57.5
2 (38)	1:54	5	0:36	46.2	6:36	6	2:10	48.9
3 (36)	5:06	3	0:51	20.0	11:42	4	2:58	34.0
4 (35)	4:56	4	0:58	24.4	16:38	4	3:56	31.0
5 (50)	4:16	7	1:05	34.0	20:54	4	4:54	30.6
6 (34)	1:56	3	0:09	8.4	22:50	4	4:39	25.6
7 (42)	3:19	6	0:32	19.2	26:09	4	4:59	23.5
8 (39)	1:25	5	0:24	39.3	27:34	5	5:15	23.5
9 (40)	5:10	5	1:37	45.5	32:44	6	5:50	21.7
10 (49)	2:03	2	0:09	7.9	34:47	4	5:49	20.1
11 (99)	1:33	3	0:34	57.6	36:20	4	5:53	19.3
□□	0:56	6	0:23	69.7	37:16	4	6:16	20.2