



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

□□□□

Kretzschmar, Frank

□□: OLV Weimar

□□□: 41:03

□□□□: 11:43 min/km

□□: 3.50 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 7(of 8)

□□□□□□□: 31:00

□□: 10:03

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	4:06	5	1:07	37.4	4:06	5	1:07	37.4
2 (38)	2:02	6	0:44	56.4	6:08	5	1:42	38.4
3 (36)	5:56	6	1:41	39.6	12:04	6	3:20	38.2
4 (35)	5:53	7	1:55	48.3	17:57	7	5:15	41.3
5 (50)	4:47	8	1:36	50.3	22:44	7	6:44	42.1
6 (34)	2:22	7	0:35	32.7	25:06	7	6:55	38.0
7 (42)	3:46	8	0:59	35.3	28:52	7	7:42	36.4
8 (39)	1:33	7	0:32	52.5	30:25	7	8:06	36.3
9 (40)	5:23	6	1:50	51.6	35:48	7	8:54	33.1
10 (49)	2:31	5	0:37	32.5	38:19	7	9:21	32.3
11 (99)	1:44	7	0:45	76.3	40:03	7	9:36	31.5
□□	1:00	8	0:27	81.8	41:03	7	10:03	32.4