



Thüringen Pokal 2017 und TRL
Heyda / 09.09.2017

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Kern, Hans-Jürgen

□□: OLV Weimar

□□□: 53:56

□□□□: 15:24 min/km

□□: 3.50 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 8(of 8)

□□□□□□□: 31:00

□□: 22:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	5:08	8	2:09	72.1	5:08	8	2:09	72.1
2 (38)	2:05	8	0:47	60.3	7:13	8	2:47	62.8
3 (36)	5:44	5	1:29	34.9	12:57	8	4:13	48.3
4 (35)	6:09	8	2:11	55.0	19:06	8	6:24	50.4
5 (50)	4:10	6	0:59	30.9	23:16	8	7:16	45.4
6 (34)	11:15	8	9:28	530.8	34:31	8	16:20	89.8
7 (42)	3:30	7	0:43	25.8	38:01	8	16:51	79.6
8 (39)	1:48	8	0:47	77.1	39:49	8	17:30	78.4
9 (40)	6:41	7	3:08	88.3	46:30	8	19:36	72.9
10 (49)	4:13	7	2:19	121.9	50:43	8	21:45	75.1
11 (99)	2:19	8	1:20	135.6	53:02	8	22:35	74.2
□□	0:54	5	0:21	63.6	53:56	8	22:56	74.0