



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Hölzer, Katrin

□□: OLV Weimar

□□□: 40:48

□□□□: 11:01 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Damen 35

□□□□□: 3(of 4)

□□□□□□□: 38:03

□□: 2:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (43)	3:48	2	0:12	5.6	3:48	2	0:12	5.6
2 (67)	2:11	3	0:25	23.6	5:59	3	0:36	11.2
3 (61)	3:44	2	0:42	23.1	9:43	3	1:18	15.5
4 (51)	4:28	1	-	-	14:11	1	-	-
5 (55)	3:43	2	0:30	15.5	17:54	1	-	-
6 (56)	1:15	3	0:14	23.0	19:09	1	-	-
7 (59)	2:00	2	0:04	3.5	21:09	1	-	-
8 (53)	1:25	3	0:14	19.7	22:34	2	0:06	0.5
9 (50)	1:47	3	0:48	81.4	24:21	2	0:54	3.8
10 (48)	3:49	3	0:44	23.8	28:10	2	1:22	5.1
11 (69)	2:59	3	0:46	34.6	31:09	2	2:08	7.4
12 (37)	1:16	1	-	-	32:25	2	1:22	4.4
13 (42)	0:50	3	0:06	13.6	33:15	2	1:23	4.3
14 (204)	2:28	3	0:28	23.3	35:43	2	1:51	5.5
15 (41)	2:00	3	0:43	55.8	37:43	3	2:22	6.7
16 (200)	2:34	3	0:24	18.5	40:17	3	2:46	7.4
□□	0:31	1	-	-	40:48	3	2:45	7.2