



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Nitzsche, Ulrike

□□: USV Jena

□□□: 1:14:26

□□□□: 20:07 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Damen 35

□□□□□: 4(of 4)

□□□□□□□: 38:03

□□: 36:23

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (43)	7:09	4	3:33	98.6	7:09	4	3:33	98.6
2 (67)	2:56	4	1:10	66.0	10:05	4	4:42	87.3
3 (61)	5:24	4	2:22	78.0	15:29	4	7:04	84.0
4 (51)	8:47	4	4:19	96.6	24:16	4	10:05	71.1
5 (55)	4:32	4	1:19	40.9	28:48	4	10:54	60.9
6 (56)	2:13	4	1:12	118.0	31:01	4	11:52	62.0
7 (59)	3:10	3	1:14	63.8	34:11	4	13:02	61.6
8 (53)	2:01	4	0:50	70.4	36:12	4	13:44	61.1
9 (50)	7:53	4	6:54	701.7	44:05	4	20:38	88.0
10 (48)	4:40	4	1:35	51.4	48:45	4	21:57	81.9
11 (69)	5:25	4	3:12	144.4	54:10	4	25:09	86.7
12 (37)	4:52	4	3:36	284.2	59:02	4	27:59	90.1
13 (42)	4:07	4	3:23	461.4	1:03:09	4	31:17	98.2
14 (204)	3:52	4	1:52	93.3	1:07:01	4	33:09	97.9
15 (41)	3:11	4	1:54	148.1	1:10:12	4	34:51	98.6
16 (200)	3:37	4	1:27	66.9	1:13:49	4	36:18	96.8
□□	0:37	4	0:06	19.4	1:14:26	4	36:23	95.6