



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Zentgraf, Anke

□□: USV Jena

□□□: 36:36

□□□□: 12:12 min/km

□□: 3.00 km / 13 □□ / 50 Hm

□□□□:

Damen 45

□□□□□: 4(of 8)

□□□□□□□: 32:34

□□: 4:02

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (64)	2:38	1	-	-	2:38	1	-	-
2 (45)	3:38	3	0:14	6.9	6:16	1	-	-
3 (65)	2:04	1	-	-	8:20	1	-	-
4 (61)	6:20	6	2:29	64.5	14:40	2	1:51	14.4
5 (58)	2:26	1	-	-	17:06	1	-	-
6 (49)	1:25	6	0:23	37.1	18:31	2	0:04	0.4
7 (69)	2:46	3	0:18	12.2	21:17	2	0:22	1.8
8 (42)	2:31	5	0:30	24.8	23:48	2	0:28	2.0
9 (204)	2:39	7	0:31	24.2	26:27	2	0:59	3.9
10 (41)	3:27	8	2:06	155.6	29:54	3	2:50	10.5
11 (38)	3:26	6	0:53	34.6	33:20	4	3:14	10.7
12 (60)	1:24	6	0:23	37.7	34:44	4	3:36	11.6
13 (200)	1:19	3	0:24	43.6	36:03	4	4:00	12.5
□□	0:33	3	0:03	10.0	36:36	4	4:02	12.4