



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Strobel, Ursula

□□: USV Jena

□□□: 37:38

□□□□: 12:32 min/km

□□: 3.00 km / 13 □□ / 50 Hm

□□□□:

Damen 45

□□□□□: 5(of 8)

□□□□□□□: 32:34

□□: 5:04

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (64)	2:53	5	0:15	9.5	2:53	5	0:15	9.5
2 (45)	3:24	1	-	-	6:17	2	0:01	0.3
3 (65)	2:35	7	0:31	25.0	8:52	3	0:32	6.4
4 (61)	7:04	7	3:13	83.6	15:56	5	3:07	24.3
5 (58)	2:48	4	0:22	15.1	18:44	5	1:38	9.6
6 (49)	1:09	2	0:07	11.3	19:53	5	1:26	7.8
7 (69)	4:28	6	2:00	81.1	24:21	6	3:26	16.4
8 (42)	2:39	7	0:38	31.4	27:00	7	3:40	15.7
9 (204)	2:31	3	0:23	18.0	29:31	6	4:03	15.9
10 (41)	1:21	1	-	-	30:52	6	3:48	14.0
11 (38)	3:00	3	0:27	17.7	33:52	5	3:46	12.5
12 (60)	1:20	5	0:19	31.2	35:12	5	4:04	13.1
13 (200)	1:53	8	0:58	105.5	37:05	5	5:02	15.7
□□	0:33	3	0:03	10.0	37:38	5	5:04	15.6