



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke
Erfurt / 18.03.2017

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Friebe, Marion

□□: USV Jena

□□□: 39:15

□□□□: 13:05 min/km

□□: 3.00 km / 13 □□ / 50 Hm

□□□□:

Damen 45

□□□□□: 7(of 8)

□□□□□□□: 32:34

□□: 6:41

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (64)	3:07	6	0:29	18.4	3:07	6	0:29	18.4
2 (45)	3:44	5	0:20	9.8	6:51	6	0:35	9.3
3 (65)	2:13	4	0:09	7.3	9:04	5	0:44	8.8
4 (61)	5:57	5	2:06	54.6	15:01	4	2:12	17.2
5 (58)	2:47	3	0:21	14.4	17:48	4	0:42	4.1
6 (49)	1:38	7	0:36	58.1	19:26	4	0:59	5.3
7 (69)	5:02	8	2:34	104.1	24:28	7	3:33	17.0
8 (42)	2:27	4	0:26	21.5	26:55	6	3:35	15.4
9 (204)	2:58	8	0:50	39.1	29:53	7	4:25	17.3
10 (41)	2:08	7	0:47	58.0	32:01	7	4:57	18.3
11 (38)	3:45	8	1:12	47.1	35:46	7	5:40	18.8
12 (60)	1:27	7	0:26	42.6	37:13	7	6:05	19.5
13 (200)	1:22	4	0:27	49.1	38:35	7	6:32	20.4
□□	0:40	6	0:10	33.3	39:15	7	6:41	20.5