



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Czioska, Paul

□□: OLF Mainz

□□□: 37:57

□□□□: 7:17 min/km

□□: 5.20 km / 24 □□ / 100 Hm

□□□□:

Herren 21

□□□□□: 2(of 7)

□□□□□□: 32:03

□□: 5:54

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (70)	1:28	3	0:10	12.8	1:28	3	0:10	12.8
2 (43)	1:43	4	0:36	53.7	3:11	3	0:46	31.7
3 (67)	1:25	4	0:12	16.4	4:36	3	0:58	26.6
4 (65)	1:02	1	-	-	5:38	3	0:57	20.3
5 (46)	2:19	2	0:14	11.2	7:57	2	1:11	17.5
6 (69)	2:53	7	1:44	150.7	10:50	3	2:55	36.8
7 (48)	1:31	2	0:14	18.2	12:21	3	3:09	34.2
8 (51)	2:04	1	-	-	14:25	3	3:07	27.6
9 (54)	1:30	6	0:24	36.4	15:55	3	3:08	24.5
10 (55)	1:23	3	0:17	25.8	17:18	3	3:25	24.6
11 (59)	1:56	2	0:12	11.5	19:14	3	3:37	23.2
12 (63)	1:39	2	0:11	12.5	20:53	3	3:48	22.2
13 (57)	1:42	2	0:11	12.1	22:35	3	3:59	21.4
14 (56)	1:22	1	-	-	23:57	2	3:58	19.9
15 (53)	0:59	3	0:09	18.0	24:56	2	4:07	19.8
16 (205)	1:44	1	-	-	26:40	2	3:58	17.5
17 (47)	2:51	7	1:08	66.0	29:31	3	5:06	20.9
18 (61)	0:33	2	0:04	13.8	30:04	2	5:10	20.8
19 (37)	1:13	2	0:02	2.8	31:17	2	5:12	19.9
20 (42)	0:37	4	0:05	15.6	31:54	2	5:17	19.9
21 (204)	1:28	2	0:05	6.0	33:22	2	5:22	19.2
22 (41)	1:02	3	0:09	17.0	34:24	2	5:31	19.1
23 (64)	1:55	2	0:10	9.5	36:19	2	5:41	18.6
24 (200)	1:15	2	0:09	13.6	37:34	2	5:50	18.4
□□	0:23	2	0:04	21.1	37:57	2	5:54	18.4