



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Laske, Yves

□□: SV TU Ilmenau

□□□: 39:17

□□□□: 7:33 min/km

□□: 5.20 km / 24 □□ / 100 Hm

□□□□:

Herren 21

□□□□□: 3(of 7)

□□□□□□: 32:03

□□: 7:14

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (70)	1:26	2	0:08	10.3	1:26	2	0:08	10.3
2 (43)	1:26	2	0:19	28.4	2:52	2	0:27	18.6
3 (67)	1:23	3	0:10	13.7	4:15	2	0:37	17.0
4 (65)	1:09	3	0:07	11.3	5:24	2	0:43	15.3
5 (46)	2:52	4	0:47	37.6	8:16	3	1:30	22.2
6 (69)	1:20	2	0:11	15.9	9:36	2	1:41	21.3
7 (48)	1:38	3	0:21	27.3	11:14	2	2:02	22.1
8 (51)	2:31	3	0:27	21.8	13:45	2	2:27	21.7
9 (54)	1:11	2	0:05	7.6	14:56	2	2:09	16.8
10 (55)	1:19	2	0:13	19.7	16:15	2	2:22	17.1
11 (59)	2:28	4	0:44	42.3	18:43	2	3:06	19.9
12 (63)	1:44	4	0:16	18.2	20:27	2	3:22	19.7
13 (57)	1:49	4	0:18	19.8	22:16	2	3:40	19.7
14 (56)	1:47	4	0:25	30.5	24:03	3	4:04	20.4
15 (53)	1:19	6	0:29	58.0	25:22	3	4:33	21.9
16 (205)	2:05	4	0:21	20.2	27:27	3	4:45	20.9
17 (47)	1:59	2	0:16	15.5	29:26	2	5:01	20.6
18 (61)	0:46	4	0:17	58.6	30:12	3	5:18	21.3
19 (37)	1:32	5	0:21	29.6	31:44	3	5:39	21.7
20 (42)	0:41	5	0:09	28.1	32:25	3	5:48	21.8
21 (204)	1:51	4	0:28	33.7	34:16	3	6:16	22.4
22 (41)	1:05	4	0:12	22.6	35:21	3	6:28	22.4
23 (64)	2:04	4	0:19	18.1	37:25	3	6:47	22.1
24 (200)	1:27	4	0:21	31.8	38:52	3	7:08	22.5
□□	0:25	4	0:06	31.6	39:17	3	7:14	22.6