



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Kärger, Sebastian

□□□: 35:24

□□: OK Leipzig

□□□□: 9:18 min/km

□□: 3.80 km / 17 □□ / 95 Hm

□□□□:

Herren 35

□□□□□: 1(of 5)

□□□□□□□: 35:24

□□: 5:30

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (204)	8:18	5	5:05	158.0	8:18	5	5:05	158.0
2 (42)	2:03	1	-	-	10:21	5	5:00	93.5
3 (69)	1:39	1	-	-	12:00	5	4:52	68.2
4 (49)	1:46	1	-	-	13:46	3	4:52	54.7
5 (51)	1:55	1	-	-	15:41	3	4:50	44.6
6 (55)	2:29	1	-	-	18:10	2	4:48	35.9
7 (56)	0:52	1	-	-	19:02	2	4:41	32.6
8 (59)	1:22	1	-	-	20:24	2	4:23	27.4
9 (53)	2:26	4	1:29	156.1	22:50	2	5:16	30.0
10 (50)	0:48	1	-	-	23:38	2	5:05	27.4
11 (47)	3:23	3	0:33	19.4	27:01	2	5:38	26.3
12 (46)	1:02	1	-	-	28:03	2	5:26	24.0
13 (65)	2:17	3	0:17	14.2	30:20	2	5:43	23.2
14 (45)	1:13	1	-	-	31:33	2	5:41	22.0
15 (43)	1:27	1	-	-	33:00	2	5:22	19.4
16 (36)	1:10	2	0:04	6.1	34:10	2	5:26	18.9
17 (200)	0:46	1	-	-	34:56	2	5:21	18.1
□□	0:28	5	0:09	47.4	35:24	2	5:30	18.4