



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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**Bombien, Frank**

□□: OLV Weimar

□□□: 47:30

□□□□: 12:30 min/km

□□: 3.80 km / 17 □□ / 95 Hm

□□□□:  
Herren 35

□□□□□: 2(of 5)  
□□□□□□□: 35:24  
□□: 17:36

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (204)	3:58	2	0:45	23.3	3:58	2	0:45	23.3
2 (42)	2:48	4	0:45	36.6	6:46	3	1:25	26.5
3 (69)	2:40	4	1:01	61.6	9:26	3	2:18	32.2
4 (49)	2:28	3	0:42	39.6	11:54	2	3:00	33.7
5 (51)	2:51	3	0:56	48.7	14:45	2	3:54	35.9
6 (55)	3:29	4	1:00	40.3	18:14	3	4:52	36.4
7 (56)	4:00	5	3:08	361.5	22:14	3	7:53	54.9
8 (59)	1:47	3	0:25	30.5	24:01	3	8:00	50.0
9 (53)	1:27	2	0:30	52.6	25:28	3	7:54	45.0
10 (50)	2:09	5	1:21	168.8	27:37	3	9:04	48.9
11 (47)	5:48	4	2:58	104.7	33:25	3	12:02	56.3
12 (46)	1:57	4	0:55	88.7	35:22	3	12:45	56.4
13 (65)	3:34	4	1:34	78.3	38:56	3	14:19	58.2
14 (45)	2:01	4	0:48	65.8	40:57	3	15:05	58.3
15 (43)	2:58	4	1:31	104.6	43:55	3	16:17	58.9
16 (36)	2:03	4	0:57	86.4	45:58	3	17:14	60.0
17 (200)	1:06	4	0:20	43.5	47:04	3	17:29	59.1
□□	0:26	3	0:07	36.8	47:30	3	17:36	58.9