



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Heinert, Uwe

□□: OLV Weimar

□□□: 36:59

□□□□: 9:59 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Herren 45

□□□□□: 5(of 9)

□□□□□□□: 29:46

□□: 7:13

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	□□	-	-	%	□□	-	-	%
1 (43)	3:05	3	0:18	10.8	3:05	3	0:18	10.8
2 (67)	1:45	4	0:06	6.1	4:50	3	0:24	9.0
3 (61)	3:09	3	0:38	25.2	7:59	3	0:49	11.4
4 (51)	3:36	1	-	-	11:35	3	0:34	5.1
5 (55)	3:14	3	0:30	18.3	14:49	2	0:53	6.3
6 (56)	0:53	2	0:04	8.2	15:42	2	0:30	3.3
7 (59)	1:53	6	0:28	32.9	17:35	3	0:39	3.8
8 (53)	1:04	3	0:04	6.7	18:39	3	0:33	3.0
9 (50)	2:13	9	1:22	160.8	20:52	4	1:47	9.3
10 (48)	3:13	7	1:07	53.2	24:05	4	2:54	13.7
11 (69)	5:29	9	3:55	250.0	29:34	6	6:39	29.0
12 (37)	1:16	5	0:19	33.3	30:50	6	6:58	29.2
13 (42)	0:39	1	-	-	31:29	6	6:53	28.0
14 (204)	1:47	4	0:07	7.0	33:16	6	7:00	26.7
15 (41)	1:17	2	0:02	2.7	34:33	5	6:43	24.1
16 (200)	1:59	4	0:25	26.6	36:32	5	7:08	24.3
□□	0:27	5	0:05	22.7	36:59	5	7:13	24.2