



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Heinert, Mike

□□: OLV Weimar

□□□: 37:18

□□□□: 10:04 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Herren 45

□□□□□: 6(of 9)

□□□□□□: 29:46

□□: 7:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (43)	3:34	7	0:47	28.1	3:34	7	0:47	28.1
2 (67)	2:04	7	0:25	25.3	5:38	6	1:12	27.1
3 (61)	3:30	7	0:59	39.1	9:08	6	1:58	27.4
4 (51)	4:43	6	1:07	31.0	13:51	6	2:50	25.7
5 (55)	3:31	5	0:47	28.7	17:22	6	3:26	24.6
6 (56)	1:20	8	0:31	63.3	18:42	6	3:30	23.0
7 (59)	1:53	6	0:28	32.9	20:35	6	3:39	21.6
8 (53)	1:12	6	0:12	20.0	21:47	6	3:41	20.4
9 (50)	1:24	4	0:33	64.7	23:11	6	4:06	21.5
10 (48)	3:22	8	1:16	60.3	26:33	6	5:22	25.3
11 (69)	2:21	7	0:47	50.0	28:54	5	5:59	26.1
12 (37)	1:08	2	0:11	19.3	30:02	5	6:10	25.8
13 (42)	0:48	7	0:09	23.1	30:50	5	6:14	25.3
14 (204)	2:15	8	0:35	35.0	33:05	5	6:49	26.0
15 (41)	1:39	8	0:24	32.0	34:44	6	6:54	24.8
16 (200)	2:05	5	0:31	33.0	36:49	6	7:25	25.2
□□	0:29	7	0:07	31.8	37:18	6	7:32	25.3