



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke
Erfurt / 18.03.2017

□□□□

Rathmann, Jens

□□: SV Schmalkalden 04

□□□: 40:39

□□□□: 10:59 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Herren 45

□□□□□: 7(of 9)

□□□□□□□: 29:46

□□: 10:53

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	□□	-	-	%	□□	-	-	%
1 (43)	4:17	8	1:30	53.9	4:17	8	1:30	53.9
2 (67)	1:49	5	0:10	10.1	6:06	7	1:40	37.6
3 (61)	3:29	6	0:58	38.4	9:35	7	2:25	33.7
4 (51)	6:44	8	3:08	87.0	16:19	7	5:18	48.1
5 (55)	3:47	7	1:03	38.4	20:06	7	6:10	44.3
6 (56)	1:26	9	0:37	75.5	21:32	7	6:20	41.7
7 (59)	2:11	8	0:46	54.1	23:43	7	6:47	40.1
8 (53)	1:21	8	0:21	35.0	25:04	7	6:58	38.5
9 (50)	1:29	5	0:38	74.5	26:33	7	7:28	39.1
10 (48)	3:08	6	1:02	49.2	29:41	7	8:30	40.1
11 (69)	2:19	5	0:45	47.9	32:00	7	9:05	39.6
12 (37)	1:28	8	0:31	54.4	33:28	7	9:36	40.2
13 (42)	0:53	8	0:14	35.9	34:21	7	9:45	39.6
14 (204)	2:05	7	0:25	25.0	36:26	7	10:10	38.7
15 (41)	1:34	6	0:19	25.3	38:00	7	10:10	36.5
16 (200)	2:16	7	0:42	44.7	40:16	7	10:52	37.0
□□	0:23	2	0:01	4.6	40:39	7	10:53	36.6