



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Lindner, Joachim

□□: USV Jena

□□□: 44:40

□□□□: 12:04 min/km

□□: 3.70 km / 16 □□ / 90 Hm

□□□□:

Herren 45

□□□□□: 8(of 9)

□□□□□□□: 29:46

□□: 14:54

□□□□

| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (43)   | 3:19     | 5       | 0:32    | 19.2    | 3:19      | 5       | 0:32    | 19.2    |
| 2 (67)   | 2:49     | 8       | 1:10    | 70.7    | 6:08      | 8       | 1:42    | 38.4    |
| 3 (61)   | 6:47     | 9       | 4:16    | 169.5   | 12:55     | 8       | 5:45    | 80.2    |
| 4 (51)   | 10:54    | 9       | 7:18    | 202.8   | 23:49     | 9       | 12:48   | 116.2   |
| 5 (55)   | 2:55     | 2       | 0:11    | 6.7     | 26:44     | 9       | 12:48   | 91.9    |
| 6 (56)   | 1:17     | 6       | 0:28    | 57.1    | 28:01     | 9       | 12:49   | 84.3    |
| 7 (59)   | 1:39     | 4       | 0:14    | 16.5    | 29:40     | 9       | 12:44   | 75.2    |
| 8 (53)   | 1:00     | 1       | -       | -       | 30:40     | 9       | 12:34   | 69.4    |
| 9 (50)   | 0:51     | 1       | -       | -       | 31:31     | 9       | 12:26   | 65.2    |
| 10 (48)  | 2:57     | 4       | 0:51    | 40.5    | 34:28     | 8       | 13:17   | 62.7    |
| 11 (69)  | 1:52     | 3       | 0:18    | 19.2    | 36:20     | 8       | 13:25   | 58.6    |
| 12 (37)  | 1:21     | 7       | 0:24    | 42.1    | 37:41     | 8       | 13:49   | 57.9    |
| 13 (42)  | 0:43     | 2       | 0:04    | 10.3    | 38:24     | 8       | 13:48   | 56.1    |
| 14 (204) | 2:03     | 6       | 0:23    | 23.0    | 40:27     | 8       | 14:11   | 54.0    |
| 15 (41)  | 1:28     | 5       | 0:13    | 17.3    | 41:55     | 8       | 14:05   | 50.6    |
| 16 (200) | 1:56     | 3       | 0:22    | 23.4    | 43:51     | 8       | 14:27   | 49.2    |
| □□       | 0:49     | 9       | 0:27    | 122.7   | 44:40     | 8       | 14:54   | 50.1    |