



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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Tröße, Lutz

□□: SV TU Ilmenau

□□□: 31:31

□□□□: 9:33 min/km

□□: 3.30 km / 15 □□ / 90 Hm

□□□□:

Herren 55

□□□□□: 2(of 10)

□□□□□□□: 28:56

□□: 2:35

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	2:44	7	0:53	47.8	2:44	7	0:53	47.8
2 (38)	0:54	1	-	-	3:38	7	0:40	22.5
3 (67)	2:33	5	0:18	13.3	6:11	6	0:51	15.9
4 (61)	3:36	2	1:04	42.1	9:47	4	1:55	24.4
5 (49)	2:52	8	0:58	50.9	12:39	5	2:52	29.3
6 (205)	1:45	4	0:27	34.6	14:24	5	3:19	29.9
7 (44)	2:05	4	0:19	17.9	16:29	5	2:11	15.3
8 (52)	1:27	2	0:03	3.6	17:56	5	2:08	13.5
9 (54)	1:04	2	0:14	28.0	19:00	4	1:23	7.9
10 (51)	1:26	2	0:14	19.4	20:26	2	1:20	7.0
11 (46)	5:16	4	1:21	34.5	25:42	2	2:41	11.7
12 (42)	1:59	5	0:20	20.2	27:41	2	3:01	12.2
13 (38)	1:27	2	0:06	7.4	29:08	2	2:32	9.5
14 (60)	1:07	4	0:09	15.5	30:15	2	2:30	9.0
15 (200)	0:49	2	0:03	6.5	31:04	2	2:33	8.9
□□	0:27	4	0:02	8.0	31:31	2	2:35	8.9