



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

□□□□

Mieth, Matias

□□: USV Jena

□□□: 31:56

□□□□: 9:40 min/km

□□: 3.30 km / 15 □□ / 90 Hm

□□□□:

Herren 55

□□□□□: 3(of 10)

□□□□□□□: 28:56

□□: 3:00

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	2:03	3	0:12	10.8	2:03	3	0:12	10.8
2 (38)	1:11	6	0:17	31.5	3:14	3	0:16	9.0
3 (67)	2:15	1	-	-	5:29	2	0:09	2.8
4 (61)	3:50	4	1:18	51.3	9:19	2	1:27	18.4
5 (49)	1:54	1	-	-	11:13	2	1:26	14.7
6 (205)	2:07	9	0:49	62.8	13:20	2	2:15	20.3
7 (44)	1:57	2	0:11	10.4	15:17	3	0:59	6.9
8 (52)	1:30	5	0:06	7.1	16:47	3	0:59	6.2
9 (54)	0:50	1	-	-	17:37	1	-	-
10 (51)	3:19	8	2:07	176.4	20:56	3	1:50	9.6
11 (46)	5:02	3	1:07	28.5	25:58	3	2:57	12.8
12 (42)	1:49	3	0:10	10.1	27:47	3	3:07	12.6
13 (38)	1:41	5	0:20	24.7	29:28	3	2:52	10.8
14 (60)	1:04	2	0:06	10.3	30:32	4	2:47	10.0
15 (200)	0:59	5	0:13	28.3	31:31	3	3:00	10.5
□□	0:25	1	-	-	31:56	3	3:00	10.4