



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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SEEFELD, Karl-Heinz

□□: OLV UsLAR

□□□: 47:59

□□□□: 14:32 min/km

□□: 3.30 km / 15 □□ / 90 Hm

□□□□:
Herren 55

□□□□□: 9(of 10)

□□□□□□□: 28:56

□□: 19:03

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (39)	4:49	10	2:58	160.4	4:49	10	2:58	160.4
2 (38)	1:40	10	0:46	85.2	6:29	10	3:31	118.5
3 (67)	3:26	8	1:11	52.6	9:55	10	4:35	85.9
4 (61)	4:08	8	1:36	63.2	14:03	10	6:11	78.6
5 (49)	4:33	10	2:39	139.5	18:36	10	8:49	90.1
6 (205)	1:59	8	0:41	52.6	20:35	10	9:30	85.7
7 (44)	3:55	10	2:09	121.7	24:30	10	10:12	71.3
8 (52)	2:20	9	0:56	66.7	26:50	10	11:02	69.8
9 (54)	1:53	8	1:03	126.0	28:43	10	11:06	63.0
10 (51)	2:06	6	0:54	75.0	30:49	9	11:43	61.3
11 (46)	7:14	10	3:19	84.7	38:03	9	15:02	65.3
12 (42)	3:35	10	1:56	117.2	41:38	9	16:58	68.8
13 (38)	2:21	10	1:00	74.1	43:59	10	17:23	65.4
14 (60)	1:41	9	0:43	74.1	45:40	10	17:55	64.6
15 (200)	1:34	9	0:48	104.4	47:14	9	18:43	65.6
□□	0:45	9	0:20	80.0	47:59	9	19:03	65.8