



# Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke

Erfurt / 18.03.2017

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SEEFELD, Karl-Heinz

□□□: 47:59

□□: OLV Uslar

□□□□: 14:32 min/km

□□: 3.30 km / 15 □□ / 90 Hm

□□□□:

Herren 55

□□□□□: 9(of 10)

□□□□□□□: 28:56

□□: 19:03

□□□□

| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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    |