



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

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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 |