



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke  
Erfurt / 18.03.2017

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Wolfram, Heinz

□□□: 40:59

□□: SWV Goldlauter-Heidersbach

□□□□: 20:29 min/km

□□: 2.00 km / 10 □□ / 35 Hm

□□□□:

Herren 75

□□□□□: 3(of 3)

□□□□□□□: 29:25

□□: 11:34

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	□□	-	-	%	□□	-	-	%
1 (36)	3:18	3	1:17	63.6	3:18	3	1:17	63.6
2 (38)	9:23	3	7:25	377.1	12:41	3	8:29	202.0
3 (40)	4:06	3	1:00	32.3	16:47	3	9:29	129.9
4 (67)	1:58	3	0:46	63.9	18:45	3	10:15	120.6
5 (42)	5:50	3	1:23	31.1	24:35	3	11:27	87.2
6 (204)	3:49	3	0:50	27.9	28:24	3	12:17	76.2
7 (41)	2:35	3	0:37	31.4	30:59	3	12:54	71.3
8 (39)	3:23	2	0:30	17.3	34:22	3	12:30	57.2
9 (60)	3:45	1	-	-	38:07	3	10:48	39.5
10 (200)	2:02	3	0:50	69.4	40:09	3	11:24	39.7
□□	0:50	3	0:10	25.0	40:59	3	11:34	39.3