



Thüringer Landesmeisterschaft Orientierungslauf Mittelstrecke
Erfurt / 18.03.2017

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Riese, Frieda + Eva

□□□: 55:38

□□□□: 37:05 min/km

□□: 1.50 km / 8 □□ / 35 Hm

□□□□:
offen kurz

□□□□□: 2(of 3)
□□□□□□□: 52:29
□□: 3:09

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| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|---------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (31) | 5:50 | 3 | 2:13 | 61.3 | 5:50 | 3 | 2:13 | 61.3 |
| 2 (32) | 4:15 | 2 | 0:41 | 19.2 | 10:05 | 2 | 0:44 | 7.8 |
| 3 (201) | 5:01 | 2 | 1:41 | 50.5 | 15:06 | 2 | 0:16 | 1.8 |
| 4 (37) | 5:34 | 2 | 0:07 | 2.1 | 20:40 | 2 | 0:10 | 0.8 |
| 5 (34) | 11:32 | 3 | 3:30 | 43.6 | 32:12 | 3 | 0:37 | 2.0 |
| 6 (35) | 3:33 | 2 | 1:01 | 40.1 | 35:45 | 3 | 1:18 | 3.8 |
| 7 (36) | 8:21 | 2 | 0:28 | 5.9 | 44:06 | 2 | 0:32 | 1.2 |
| 8 (200) | 9:25 | 2 | 4:56 | 110.0 | 53:31 | 2 | 2:54 | 5.7 |
| □□ | 2:07 | 3 | 0:15 | 13.4 | 55:38 | 2 | 3:09 | 6.0 |