



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

□□□□

Denk, Astrid

□□: SV Handwerk Erfurt

□□□: 1:24:57

□□□□: 18:28 min/km

□□: 4.60 km / 24 □□

□□□□:

D19 (Damen ab 21)

□□□□□: 2(of 2)

□□□□□□□: 1:02:30

□□: 22:27

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	□□	-	-	%	□□	-	-	%
1 (34)	1:30	2	0:16	21.6	1:30	2	0:16	21.6
2 (38)	1:06	1	-	-	2:36	2	0:01	0.7
3 (39)	0:57	1	-	-	3:33	1	-	-
4 (43)	1:19	1	-	-	4:52	1	-	-
5 (44)	2:42	1	-	-	7:34	1	-	-
6 (51)	3:33	1	-	-	11:07	1	-	-
7 (54)	6:57	2	5:46	487.3	18:04	2	2:59	19.8
8 (53)	1:07	1	-	-	19:11	2	2:57	18.2
9 (57)	1:31	1	-	-	20:42	2	2:48	15.6
10 (58)	1:08	1	-	-	21:50	2	2:47	14.6
11 (59)	1:58	1	-	-	23:48	2	2:43	12.9
12 (60)	1:21	1	-	-	25:09	2	2:35	11.5
13 (65)	12:00	2	4:52	68.2	37:09	2	7:27	25.1
14 (66)	1:45	1	-	-	38:54	2	7:21	23.3
15 (69)	6:14	1	-	-	45:08	2	5:45	14.6
16 (68)	1:05	1	-	-	46:13	2	5:17	12.9
17 (67)	24:07	2	18:44	348.0	1:10:20	2	24:01	51.9
18 (64)	3:23	2	0:36	21.6	1:13:43	2	24:37	50.1
19 (61)	3:12	1	-	-	1:16:55	2	24:12	45.9
20 (72)	2:14	1	-	-	1:19:09	2	23:36	42.5
21 (71)	-	0	-	-	1:19:09	2	23:36	42.5
22 (49)	3:08	1	-	-	1:22:17	2	23:33	40.1
23 (47)	2:01	1	-	-	1:24:18	2	22:37	36.7
24 (100)	0:28	1	-	-	1:24:46	2	22:29	36.1
□□	0:11	1	-	-	1:24:57	2	22:27	35.9