



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Nitzsche, Ulrike

□□: USV Jena

□□□: 1:28:33

□□□□: 19:15 min/km

□□: 4.60 km / 24 □□

□□□□:

D35 (Damen ab 35)

□□□□□: 3(of 4)

□□□□□□: 47:37

□□: 40:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (34)	1:47	3	0:54	101.9	1:47	3	0:54	101.9
2 (38)	1:21	3	0:16	24.6	3:08	3	1:10	59.3
3 (39)	1:03	2	0:14	28.6	4:11	3	1:24	50.3
4 (43)	1:57	3	0:49	72.1	6:08	3	2:13	56.6
5 (44)	2:45	3	0:47	39.8	8:53	3	2:39	42.5
6 (51)	4:41	3	1:25	43.4	13:34	3	4:01	42.1
7 (54)	1:34	3	0:37	64.9	15:08	3	4:30	42.3
8 (53)	1:32	3	0:42	84.0	16:40	3	5:01	43.1
9 (57)	3:17	3	1:17	64.2	19:57	3	6:18	46.2
10 (58)	1:21	3	0:24	42.1	21:18	3	6:42	45.9
11 (59)	7:39	3	5:58	354.5	28:57	3	12:40	77.8
12 (60)	1:30	2	0:14	18.4	30:27	3	12:54	73.5
13 (65)	7:26	2	1:47	31.6	37:53	3	14:41	63.3
14 (66)	2:01	3	0:59	95.2	39:54	3	15:40	64.7
15 (69)	9:09	3	2:53	46.0	49:03	3	18:33	60.8
16 (68)	2:40	3	1:38	158.1	51:43	3	20:02	63.2
17 (67)	15:42	3	12:15	355.1	1:07:25	3	32:17	91.9
18 (64)	7:30	3	5:04	208.2	1:14:55	3	37:21	99.4
19 (61)	3:21	3	0:46	29.7	1:18:16	3	38:01	94.5
20 (72)	3:07	3	0:58	45.0	1:21:23	3	38:55	91.6
21 (71)	-	0	-	-	1:21:23	3	38:55	91.6
22 (49)	3:49	3	1:02	37.1	1:25:12	3	39:57	88.3
23 (47)	2:29	3	0:48	47.5	1:27:41	3	40:45	86.8
24 (100)	0:35	3	0:08	29.6	1:28:16	3	40:51	86.2
□□	0:17	3	0:05	41.7	1:28:33	3	40:56	86.0