



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Zentgraf, Anke

□□: USV Jena

□□□: 25:04

□□□□: 8:05 min/km

□□: 3.10 km / 15 □□

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D45 (Damen ab 45)

□□□□□: 1(of 12)

□□□□□□: 25:04

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	□□	-	-	%	□□	-	-	%
1 (33)	1:08	8	0:26	61.9	1:08	8	0:26	61.9
2 (36)	1:40	8	0:55	122.2	2:48	9	1:21	93.1
3 (40)	1:26	2	0:05	6.2	4:14	6	1:11	38.8
4 (50)	2:48	2	0:20	13.5	7:02	3	0:36	9.3
5 (71)	1:22	2	0:02	2.5	8:24	2	0:15	3.1
6 (72)	-	0	-	-	8:24	2	0:15	3.1
7 (63)	3:52	3	0:44	23.4	12:16	2	0:14	1.9
8 (62)	1:35	2	0:04	4.4	13:51	2	0:18	2.2
9 (60)	1:27	3	0:12	16.0	15:18	3	0:30	3.4
10 (59)	1:03	2	0:11	21.2	16:21	2	0:41	4.4
11 (73)	1:38	3	0:03	3.2	17:59	2	0:44	4.3
12 (57)	1:02	4	0:08	14.8	19:01	2	0:37	3.4
13 (51)	2:06	2	0:05	4.1	21:07	2	0:42	3.4
14 (52)	0:43	1	-	-	21:50	2	0:04	0.3
15 (100)	2:59	1	-	-	24:49	1	-	-
□□	0:15	8	0:03	25.0	25:04	1	-	-