



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Rathmann, Constanze

□□: SV Schmalkalden 04

□□□: 29:08

□□□□: 9:23 min/km

□□: 3.10 km / 15 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 6(of 12)

□□□□□□: 25:04

□□: 4:04

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (33)	0:52	3	0:10	23.8	0:52	3	0:10	23.8
2 (36)	1:47	9	1:02	137.8	2:39	8	1:12	82.8
3 (40)	1:44	5	0:23	28.4	4:23	9	1:20	43.7
4 (50)	3:16	4	0:48	32.4	7:39	6	1:13	18.9
5 (71)	1:44	7	0:24	30.0	9:23	7	1:14	15.1
6 (72)	-	0	-	-	9:23	7	1:14	15.1
7 (63)	4:17	5	1:09	36.7	13:40	6	1:38	13.6
8 (62)	1:45	5	0:14	15.4	15:25	6	1:52	13.8
9 (60)	1:38	6	0:23	30.7	17:03	5	2:15	15.2
10 (59)	1:12	8	0:20	38.5	18:15	5	2:35	16.5
11 (73)	2:09	10	0:34	35.8	20:24	5	3:09	18.3
12 (57)	1:23	9	0:29	53.7	21:47	6	3:23	18.4
13 (51)	2:23	6	0:22	18.2	24:10	5	3:45	18.4
14 (52)	0:57	4	0:14	32.6	25:07	6	3:21	15.4
15 (100)	3:44	7	0:45	25.1	28:51	6	4:02	16.3
□□	0:17	11	0:05	41.7	29:08	6	4:04	16.2