



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Strobel, Ursula

□□: USV Jena

□□□: 32:34

□□□□: 10:30 min/km

□□: 3.10 km / 15 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 8(of 12)

□□□□□□: 25:04

□□: 7:30

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	□□	-	-	%	□□	-	-	%
1 (33)	1:18	9	0:36	85.7	1:18	9	0:36	85.7
2 (36)	1:13	6	0:28	62.2	2:31	6	1:04	73.6
3 (40)	1:44	5	0:23	28.4	4:15	7	1:12	39.3
4 (50)	3:26	7	0:58	39.2	7:41	7	1:15	19.4
5 (71)	1:41	5	0:21	26.3	9:22	6	1:13	14.9
6 (72)	-	0	-	-	9:22	6	1:13	14.9
7 (63)	4:15	4	1:07	35.6	13:37	5	1:35	13.2
8 (62)	1:45	5	0:14	15.4	15:22	5	1:49	13.4
9 (60)	3:01	11	1:46	141.3	18:23	8	3:35	24.2
10 (59)	1:09	5	0:17	32.7	19:32	8	3:52	24.7
11 (73)	1:56	6	0:21	22.1	21:28	8	4:13	24.4
12 (57)	2:18	12	1:24	155.6	23:46	10	5:22	29.2
13 (51)	2:22	5	0:21	17.4	26:08	8	5:43	28.0
14 (52)	1:39	9	0:56	130.2	27:47	8	6:01	27.6
15 (100)	4:33	10	1:34	52.5	32:20	8	7:31	30.3
□□	0:14	3	0:02	16.7	32:34	8	7:30	29.9