



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

□□□□

Lichter, Dorit

□□: USV Jena

□□□: 33:39

□□□□: 10:51 min/km

□□: 3.10 km / 15 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 11(of 12)

□□□□□□: 25:04

□□: 8:35

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (33)	1:21	11	0:39	92.9	1:21	11	0:39	92.9
2 (36)	0:54	2	0:09	20.0	2:15	5	0:48	55.2
3 (40)	1:53	9	0:32	39.5	4:08	5	1:05	35.5
4 (50)	4:03	11	1:35	64.2	8:11	9	1:45	27.2
5 (71)	1:31	3	0:11	13.8	9:42	9	1:33	19.0
6 (72)	-	0	-	-	9:42	9	1:33	19.0
7 (63)	4:37	8	1:29	47.3	14:19	8	2:17	19.0
8 (62)	1:45	5	0:14	15.4	16:04	8	2:31	18.6
9 (60)	1:52	8	0:37	49.3	17:56	7	3:08	21.2
10 (59)	1:26	10	0:34	65.4	19:22	7	3:42	23.6
11 (73)	1:53	5	0:18	19.0	21:15	7	4:00	23.2
12 (57)	1:39	10	0:45	83.3	22:54	7	4:30	24.5
13 (51)	4:51	12	2:50	140.5	27:45	10	7:20	35.9
14 (52)	1:05	6	0:22	51.2	28:50	10	7:04	32.5
15 (100)	4:35	11	1:36	53.6	33:25	11	8:36	34.7
□□	0:14	3	0:02	16.7	33:39	11	8:35	34.2