



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Friebe, Marion

□□: USV Jena

□□□: 33:25

□□□□: 10:46 min/km

□□: 3.10 km / 15 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 10(of 12)

□□□□□□: 25:04

□□: 8:21

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (33)	0:55	4	0:13	31.0	0:55	4	0:13	31.0
2 (36)	2:24	11	1:39	220.0	3:19	10	1:52	128.7
3 (40)	2:01	12	0:40	49.4	5:20	11	2:17	74.9
4 (50)	3:34	9	1:06	44.6	8:54	10	2:28	38.3
5 (71)	1:58	10	0:38	47.5	10:52	10	2:43	33.3
6 (72)	-	0	-	-	10:52	10	2:43	33.3
7 (63)	5:09	9	2:01	64.4	16:01	11	3:59	33.1
8 (62)	1:58	12	0:27	29.7	17:59	11	4:26	32.7
9 (60)	2:09	9	0:54	72.0	20:08	11	5:20	36.0
10 (59)	1:19	9	0:27	51.9	21:27	11	5:47	36.9
11 (73)	2:15	11	0:40	42.1	23:42	11	6:27	37.4
12 (57)	1:22	8	0:28	51.9	25:04	11	6:40	36.2
13 (51)	2:56	9	0:55	45.5	28:00	11	7:35	37.1
14 (52)	1:08	7	0:25	58.1	29:08	11	7:22	33.8
15 (100)	4:00	8	1:01	34.1	33:08	10	8:19	33.5
□□	0:17	11	0:05	41.7	33:25	10	8:21	33.3