



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Volland, Christina

□□: OLV Weimar

□□□: 51:35

□□□□: 16:38 min/km

□□: 3.10 km / 15 □□

□□□□:

D45 (Damen ab 45)

□□□□□: 12(of 12)

□□□□□□: 25:04

□□: 26:31

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	□□	-	-	%	□□	-	-	%
1 (33)	1:20	10	0:38	90.5	1:20	10	0:38	90.5
2 (36)	1:12	5	0:27	60.0	2:32	7	1:05	74.7
3 (40)	1:50	7	0:29	35.8	4:22	8	1:19	43.2
4 (50)	4:40	12	2:12	89.2	9:02	11	2:36	40.4
5 (71)	2:11	12	0:51	63.8	11:13	11	3:04	37.6
6 (72)	-	0	-	-	11:13	11	3:04	37.6
7 (63)	11:53	12	8:45	279.3	23:06	12	11:04	92.0
8 (62)	1:57	11	0:26	28.6	25:03	12	11:30	84.9
9 (60)	3:11	12	1:56	154.7	28:14	12	13:26	90.8
10 (59)	2:52	12	2:00	230.8	31:06	12	15:26	98.5
11 (73)	3:00	12	1:25	89.5	34:06	12	16:51	97.7
12 (57)	2:10	11	1:16	140.7	36:16	12	17:52	97.1
13 (51)	3:28	10	1:27	71.9	39:44	12	19:19	94.6
14 (52)	7:01	12	6:18	879.1	46:45	12	24:59	114.8
15 (100)	4:35	11	1:36	53.6	51:20	12	26:31	106.9
□□	0:15	8	0:03	25.0	51:35	12	26:31	105.8