



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

□□□□

Köcher, Jonathan

□□: USV Jena

□□□: 27:40

□□□□: 12:34 min/km

□□: 2.20 km / 13 □□

□□□□:

H12 (Herren bis 12)

□□□□□: 2(of 2)

□□□□□□: 22:24

□□: 5:16

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (32)	4:18	2	3:19	337.3	4:18	2	3:19	337.3
2 (35)	0:33	1	-	-	4:51	2	3:02	167.0
3 (37)	0:58	2	0:16	38.1	5:49	2	3:18	131.1
4 (39)	1:23	1	-	-	7:12	2	3:07	76.3
5 (42)	0:52	1	-	-	8:04	2	2:22	41.5
6 (45)	2:44	2	0:52	46.4	10:48	2	3:14	42.7
7 (48)	2:09	2	0:05	4.0	12:57	2	3:19	34.4
8 (54)	3:56	2	0:39	19.8	16:53	2	3:58	30.7
9 (55)	2:01	2	0:12	11.0	18:54	2	4:10	28.3
10 (56)	2:53	2	1:06	61.7	21:47	2	5:16	31.9
11 (51)	1:30	1	-	-	23:17	2	4:57	27.0
12 (46)	3:14	2	0:14	7.8	26:31	2	5:11	24.3
13 (100)	0:54	2	0:01	1.9	27:25	2	5:12	23.4
□□	0:15	2	0:04	36.4	27:40	2	5:16	23.5