



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 |