



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Pasda, Paul

□□: USV Jena

□□□: 38:21

□□□□: 6:11 min/km

□□: 6.20 km / 27 □□

□□□□:

H19 (H 21)

□□□□□: 3(of 6)

□□□□□□: 35:29

□□: 2:52

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	□□	-	-	%	□□	-	-	%
1 (36)	1:12	1	-	-	1:12	1	-	-
2 (40)	0:57	1	-	-	2:09	1	-	-
3 (43)	0:31	1	-	-	2:40	1	-	-
4 (44)	1:20	2	0:01	1.3	4:00	1	-	-
5 (48)	1:24	1	-	-	5:24	1	-	-
6 (54)	1:15	1	-	-	6:39	1	-	-
7 (55)	0:50	1	-	-	7:29	1	-	-
8 (50)	1:11	1	-	-	8:40	1	-	-
9 (52)	0:57	1	-	-	9:37	1	-	-
10 (57)	2:06	3	0:30	31.3	11:43	1	-	-
11 (58)	0:38	2	0:13	52.0	12:21	1	-	-
12 (60)	1:42	3	0:07	7.4	14:03	1	-	-
13 (61)	1:02	4	0:04	6.9	15:05	1	-	-
14 (64)	1:59	3	0:14	13.3	17:04	1	-	-
15 (66)	1:32	3	0:13	16.5	18:36	1	-	-
16 (70)	2:24	4	0:29	25.2	21:00	3	0:21	1.7
17 (69)	1:27	2	0:03	3.6	22:27	3	0:18	1.4
18 (68)	0:43	3	0:32	290.9	23:10	3	0:46	3.4
19 (67)	2:14	3	0:20	17.5	25:24	3	1:06	4.5
20 (65)	1:08	2	0:08	13.3	26:32	3	1:14	4.9
21 (72)	3:40	3	0:24	12.2	30:12	3	1:38	5.7
22 (71)	-	0	-	-	30:12	3	1:38	5.7
23 (56)	1:29	3	0:13	17.1	31:41	3	1:46	5.9
24 (51)	1:00	2	0:02	3.5	32:41	3	1:48	5.8
25 (49)	1:13	3	0:12	19.7	33:54	3	2:00	6.3
26 (38)	1:48	3	0:16	17.4	35:42	2	2:16	6.8
27 (100)	2:26	4	0:32	28.1	38:08	2	2:48	7.9
□□	0:13	6	0:06	85.7	38:21	3	2:52	8.1