



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Riese, Bernhard

□□: SV Handwerk Erfurt

□□□: 44:23

□□□□: 7:09 min/km

□□: 6.20 km / 27 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 2(of 9)

□□□□□□□: 41:19

□□: 3:04

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	1:05	1	-	-	1:05	1	-	-
2 (40)	1:07	2	0:04	6.4	2:12	1	-	-
3 (43)	0:36	1	-	-	2:48	1	-	-
4 (44)	1:36	3	0:02	2.1	4:24	1	-	-
5 (48)	1:42	1	-	-	6:06	1	-	-
6 (54)	1:33	2	0:05	5.7	7:39	2	0:01	0.2
7 (55)	1:01	1	-	-	8:40	1	-	-
8 (50)	1:27	2	0:04	4.8	10:07	1	-	-
9 (52)	1:40	5	0:29	40.9	11:47	2	0:23	3.4
10 (57)	2:15	3	0:19	16.4	14:02	2	0:03	0.4
11 (58)	0:52	3	0:13	33.3	14:54	3	0:16	1.8
12 (60)	1:59	2	0:08	7.2	16:53	2	0:24	2.4
13 (61)	1:11	2	0:08	12.7	18:04	2	0:32	3.0
14 (64)	2:18	3	0:05	3.8	20:22	2	0:37	3.1
15 (66)	1:48	3	0:13	13.7	22:10	2	0:50	3.9
16 (70)	3:00	3	0:25	16.1	25:10	3	1:15	5.2
17 (69)	1:48	2	0:12	12.5	26:58	3	1:27	5.7
18 (68)	0:50	3	0:05	11.1	27:48	2	1:31	5.8
19 (67)	2:24	2	0:10	7.5	30:12	2	1:41	5.9
20 (65)	1:36	3	0:14	17.1	31:48	2	1:55	6.4
21 (72)	3:59	2	0:11	4.8	35:47	2	2:06	6.2
22 (71)	-	0	-	-	35:47	2	2:06	6.2
23 (56)	1:24	2	0:08	10.5	37:11	2	2:14	6.4
24 (51)	1:09	2	0:06	9.5	38:20	2	2:20	6.5
25 (49)	1:39	4	0:25	33.8	39:59	2	2:45	7.4
26 (38)	1:55	2	0:11	10.6	41:54	2	2:56	7.5
27 (100)	2:21	3	0:10	7.6	44:15	2	3:06	7.5
□□	0:08	1	-	-	44:23	2	3:04	7.4