



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Wichmann, Rainer

□□: OLV Weimar

□□□: 48:29

□□□□: 7:49 min/km

□□: 6.20 km / 27 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 4(of 9)

□□□□□□□: 41:19

□□: 7:10

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	1:35	6	0:30	46.2	1:35	6	0:30	46.2
2 (40)	1:17	4	0:14	22.2	2:52	6	0:40	30.3
3 (43)	0:40	3	0:04	11.1	3:32	4	0:44	26.2
4 (44)	1:48	4	0:14	14.9	5:20	4	0:56	21.2
5 (48)	1:51	4	0:09	8.8	7:11	4	1:05	17.8
6 (54)	1:40	4	0:12	13.6	8:51	4	1:13	15.9
7 (55)	1:05	3	0:04	6.6	9:56	4	1:16	14.6
8 (50)	1:31	4	0:08	9.6	11:27	4	1:20	13.2
9 (52)	1:24	3	0:13	18.3	12:51	4	1:27	12.7
10 (57)	1:56	1	-	-	14:47	4	0:48	5.7
11 (58)	1:08	6	0:29	74.4	15:55	4	1:17	8.8
12 (60)	2:04	3	0:13	11.7	17:59	4	1:30	9.1
13 (61)	1:21	4	0:18	28.6	19:20	4	1:48	10.3
14 (64)	3:17	5	1:04	48.1	22:37	4	2:52	14.5
15 (66)	2:15	5	0:40	42.1	24:52	4	3:32	16.6
16 (70)	3:20	4	0:45	29.0	28:12	4	4:17	17.9
17 (69)	1:59	4	0:23	24.0	30:11	4	4:40	18.3
18 (68)	0:45	1	-	-	30:56	4	4:39	17.7
19 (67)	2:35	4	0:21	15.7	33:31	4	5:00	17.5
20 (65)	1:28	2	0:06	7.3	34:59	4	5:06	17.1
21 (72)	4:14	4	0:26	11.4	39:13	4	5:32	16.4
22 (71)	-	0	-	-	39:13	4	5:32	16.4
23 (56)	1:26	3	0:10	13.2	40:39	4	5:42	16.3
24 (51)	1:13	4	0:10	15.9	41:52	4	5:52	16.3
25 (49)	1:29	3	0:15	20.3	43:21	4	6:07	16.4
26 (38)	2:15	4	0:31	29.8	45:36	4	6:38	17.0
27 (100)	2:40	5	0:29	22.1	48:16	4	7:07	17.3
□□	0:13	7	0:05	62.5	48:29	4	7:10	17.4