



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Heinert, Uwe

□□: OLV Weimar

□□□: 1:01:42

□□□□: 9:57 min/km

□□: 6.20 km / 27 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 6(of 9)

□□□□□□□: 41:19

□□: 20:23

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	1:15	3	0:10	15.4	1:15	3	0:10	15.4
2 (40)	1:34	7	0:31	49.2	2:49	4	0:37	28.0
3 (43)	0:48	6	0:12	33.3	3:37	6	0:49	29.2
4 (44)	2:04	5	0:30	31.9	5:41	5	1:17	29.2
5 (48)	2:16	5	0:34	33.3	7:57	5	1:51	30.3
6 (54)	2:10	6	0:42	47.7	10:07	6	2:29	32.5
7 (55)	1:24	7	0:23	37.7	11:31	6	2:51	32.9
8 (50)	1:55	8	0:32	38.6	13:26	6	3:19	32.8
9 (52)	1:39	4	0:28	39.4	15:05	6	3:41	32.3
10 (57)	2:57	6	1:01	52.6	18:02	6	4:03	29.0
11 (58)	1:08	6	0:29	74.4	19:10	6	4:32	31.0
12 (60)	2:51	6	1:00	54.1	22:01	6	5:32	33.6
13 (61)	1:50	8	0:47	74.6	23:51	6	6:19	36.0
14 (64)	3:14	4	1:01	45.9	27:05	6	7:20	37.1
15 (66)	2:27	7	0:52	54.7	29:32	6	8:12	38.4
16 (70)	3:45	7	1:10	45.2	33:17	6	9:22	39.2
17 (69)	2:35	8	0:59	61.5	35:52	6	10:21	40.6
18 (68)	1:08	5	0:23	51.1	37:00	6	10:43	40.8
19 (67)	3:00	5	0:46	34.3	40:00	6	11:29	40.3
20 (65)	2:03	5	0:41	50.0	42:03	5	12:10	40.7
21 (72)	6:05	7	2:17	60.1	48:08	6	14:27	42.9
22 (71)	-	0	-	-	48:08	6	14:27	42.9
23 (56)	2:08	5	0:52	68.4	50:16	6	15:19	43.8
24 (51)	1:47	8	0:44	69.8	52:03	6	16:03	44.6
25 (49)	2:04	7	0:50	67.6	54:07	6	16:53	45.3
26 (38)	4:01	9	2:17	131.7	58:08	6	19:10	49.2
27 (100)	3:19	6	1:08	51.9	1:01:27	6	20:18	49.3
□□	0:15	9	0:07	87.5	1:01:42	6	20:23	49.3