



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Berwing, Dieter

□□: SV TU Ilmenau

□□□: 1:09:04

□□□□: 11:08 min/km

□□: 6.20 km / 27 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 7(of 9)

□□□□□□: 41:19

□□: 27:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	2:54	9	1:49	167.7	2:54	9	1:49	167.7
2 (40)	1:33	6	0:30	47.6	4:27	9	2:15	102.3
3 (43)	0:50	7	0:14	38.9	5:17	9	2:29	88.7
4 (44)	2:15	7	0:41	43.6	7:32	9	3:08	71.2
5 (48)	2:30	8	0:48	47.1	10:02	8	3:56	64.5
6 (54)	2:15	8	0:47	53.4	12:17	8	4:39	60.9
7 (55)	1:25	8	0:24	39.3	13:42	8	5:02	58.1
8 (50)	1:54	6	0:31	37.4	15:36	8	5:29	54.2
9 (52)	2:06	8	0:55	77.5	17:42	8	6:18	55.3
10 (57)	3:20	9	1:24	72.4	21:02	8	7:03	50.4
11 (58)	0:56	4	0:17	43.6	21:58	8	7:20	50.1
12 (60)	2:54	7	1:03	56.8	24:52	8	8:23	50.9
13 (61)	1:25	5	0:22	34.9	26:17	8	8:45	49.9
14 (64)	3:51	6	1:38	73.7	30:08	7	10:23	52.6
15 (66)	3:10	9	1:35	100.0	33:18	8	11:58	56.1
16 (70)	4:05	8	1:30	58.1	37:23	8	13:28	56.3
17 (69)	2:25	7	0:49	51.0	39:48	8	14:17	56.0
18 (68)	1:10	7	0:25	55.6	40:58	8	14:41	55.9
19 (67)	4:28	7	2:14	100.0	45:26	7	16:55	59.3
20 (65)	3:41	9	2:19	169.5	49:07	7	19:14	64.4
21 (72)	6:21	8	2:33	67.1	55:28	7	21:47	64.7
22 (71)	-	0	-	-	55:28	7	21:47	64.7
23 (56)	2:12	6	0:56	73.7	57:40	7	22:43	65.0
24 (51)	1:42	6	0:39	61.9	59:22	7	23:22	64.9
25 (49)	2:58	9	1:44	140.5	1:02:20	7	25:06	67.4
26 (38)	3:08	6	1:24	80.8	1:05:28	7	26:30	68.0
27 (100)	3:24	7	1:13	55.7	1:08:52	7	27:43	67.4
□□	0:12	4	0:04	50.0	1:09:04	7	27:45	67.2