



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Tröße, Harald

□□: SV TU Ilmenau

□□□: 1:18:31

□□□□: 12:39 min/km

□□: 6.20 km / 27 □□

□□□□:

H35 (Herren ab 35)

□□□□□: 8(of 9)

□□□□□□□: 41:19

□□: 37:12

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (36)	1:46	7	0:41	63.1	1:46	7	0:41	63.1
2 (40)	1:48	9	0:45	71.4	3:34	7	1:22	62.1
3 (43)	1:07	9	0:31	86.1	4:41	8	1:53	67.3
4 (44)	2:34	9	1:00	63.8	7:15	8	2:51	64.8
5 (48)	2:57	9	1:15	73.5	10:12	9	4:06	67.2
6 (54)	2:49	9	1:21	92.1	13:01	9	5:23	70.5
7 (55)	1:34	9	0:33	54.1	14:35	9	5:55	68.3
8 (50)	2:36	9	1:13	88.0	17:11	9	7:04	69.9
9 (52)	2:08	9	0:57	80.3	19:19	9	7:55	69.4
10 (57)	3:06	8	1:10	60.3	22:25	9	8:26	60.3
11 (58)	1:14	9	0:35	89.7	23:39	9	9:01	61.6
12 (60)	3:54	9	2:03	110.8	27:33	9	11:04	67.1
13 (61)	2:05	9	1:02	98.4	29:38	9	12:06	69.0
14 (64)	6:05	9	3:52	174.4	35:43	9	15:58	80.8
15 (66)	2:58	8	1:23	87.4	38:41	9	17:21	81.3
16 (70)	5:00	9	2:25	93.6	43:41	9	19:46	82.7
17 (69)	3:07	9	1:31	94.8	46:48	9	21:17	83.4
18 (68)	1:51	9	1:06	146.7	48:39	9	22:22	85.1
19 (67)	5:23	8	3:09	141.0	54:02	8	25:31	89.5
20 (65)	2:41	8	1:19	96.3	56:43	8	26:50	89.8
21 (72)	7:11	9	3:23	89.0	1:03:54	8	30:13	89.7
22 (71)	-	0	-	-	1:03:54	8	30:13	89.7
23 (56)	2:28	8	1:12	94.7	1:06:22	8	31:25	89.9
24 (51)	2:08	9	1:05	103.2	1:08:30	8	32:30	90.3
25 (49)	2:27	8	1:13	98.7	1:10:57	8	33:43	90.6
26 (38)	3:32	7	1:48	103.9	1:14:29	8	35:31	91.2
27 (100)	3:49	9	1:38	74.8	1:18:18	8	37:09	90.3
□□	0:13	7	0:05	62.5	1:18:31	8	37:12	90.0