



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Ritter, Siegfried

□□: SV TU Ilmenau

□□□: 36:54

□□□□: 8:01 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 3(of 13)

□□□□□□□: 34:44

□□: 2:10

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	□□	-	-	%	□□	-	-	%
1 (34)	0:56	6	0:10	21.7	0:56	6	0:10	21.7
2 (38)	0:49	1	-	-	1:45	5	0:09	9.4
3 (39)	0:34	1	-	-	2:19	2	0:02	1.5
4 (43)	1:12	10	0:16	28.6	3:31	5	0:15	7.7
5 (44)	1:36	3	0:02	2.1	5:07	4	0:17	5.9
6 (51)	2:31	2	0:03	2.0	7:38	3	0:19	4.3
7 (54)	0:50	4	0:04	8.7	8:28	3	0:23	4.7
8 (53)	1:56	12	1:15	182.9	10:24	6	1:38	18.6
9 (57)	1:27	7	0:20	29.9	11:51	6	1:40	16.4
10 (58)	0:53	7	0:13	32.5	12:44	6	1:44	15.8
11 (59)	1:06	1	-	-	13:50	6	1:33	12.6
12 (60)	0:53	2	0:01	1.9	14:43	6	1:28	11.1
13 (65)	3:51	1	-	-	18:34	3	1:28	8.6
14 (66)	1:01	4	0:10	19.6	19:35	3	1:32	8.5
15 (69)	4:43	4	0:44	18.4	24:18	3	2:16	10.3
16 (68)	0:55	4	0:09	19.6	25:13	3	2:21	10.3
17 (67)	3:08	5	0:38	25.3	28:21	3	2:37	10.2
18 (64)	1:45	3	0:05	5.0	30:06	3	2:38	9.6
19 (61)	1:51	2	0:01	0.9	31:57	3	2:38	9.0
20 (72)	1:26	1	-	-	33:23	3	2:27	7.9
21 (71)	-	0	-	-	33:23	3	2:27	7.9
22 (49)	1:48	2	0:02	1.9	35:11	3	2:06	6.4
23 (47)	1:13	1	-	-	36:24	3	2:06	6.1
24 (100)	0:20	2	0:02	11.1	36:44	3	2:08	6.2
□□	0:10	2	0:02	25.0	36:54	3	2:10	6.2