



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Wolf, Tobias

□□: USV Jena

□□□: 38:01

□□□□: 8:15 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 4(of 13)

□□□□□□□: 34:44

□□: 3:17

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	□□	-	-	%	□□	-	-	%
1 (34)	0:48	2	0:02	4.4	0:48	2	0:02	4.4
2 (38)	0:53	5	0:04	8.2	1:41	2	0:05	5.2
3 (39)	0:39	4	0:05	14.7	2:20	4	0:03	2.2
4 (43)	1:03	4	0:07	12.5	3:23	3	0:07	3.6
5 (44)	1:48	5	0:14	14.9	5:11	5	0:21	7.2
6 (51)	3:02	6	0:34	23.0	8:13	5	0:54	12.3
7 (54)	0:53	5	0:07	15.2	9:06	5	1:01	12.6
8 (53)	0:48	2	0:07	17.1	9:54	4	1:08	12.9
9 (57)	1:18	4	0:11	16.4	11:12	4	1:01	10.0
10 (58)	0:40	1	-	-	11:52	4	0:52	7.9
11 (59)	1:20	4	0:14	21.2	13:12	3	0:55	7.5
12 (60)	0:59	5	0:07	13.5	14:11	3	0:56	7.0
13 (65)	4:42	7	0:51	22.1	18:53	5	1:47	10.4
14 (66)	0:51	1	-	-	19:44	4	1:41	9.3
15 (69)	5:21	8	1:22	34.3	25:05	5	3:03	13.8
16 (68)	0:50	2	0:04	8.7	25:55	5	3:03	13.3
17 (67)	2:39	2	0:09	6.0	28:34	4	2:50	11.0
18 (64)	1:48	6	0:08	8.0	30:22	4	2:54	10.6
19 (61)	2:03	6	0:13	11.8	32:25	5	3:06	10.6
20 (72)	1:43	4	0:17	19.8	34:08	4	3:12	10.3
21 (71)	-	0	-	-	34:08	4	3:12	10.3
22 (49)	2:01	4	0:15	14.2	36:09	4	3:04	9.3
23 (47)	1:19	5	0:06	8.2	37:28	4	3:10	9.2
24 (100)	0:21	4	0:03	16.7	37:49	4	3:13	9.3
□□	0:12	9	0:04	50.0	38:01	4	3:17	9.5