



Thüringen Pokal 2018 und TRL  
Arnstadt / 14.04.2018

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Hoppe, Mirko

□□: USV Jena

□□□: 40:14

□□□□: 8:44 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 6(of 13)

□□□□□□: 34:44

□□: 5:30

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (34)	0:52	3	0:06	13.0	0:52	3	0:06	13.0
2 (38)	0:59	6	0:10	20.4	1:51	6	0:15	15.6
3 (39)	0:41	6	0:07	20.6	2:32	6	0:15	11.0
4 (43)	1:04	6	0:08	14.3	3:36	6	0:20	10.2
5 (44)	1:52	7	0:18	19.2	5:28	6	0:38	13.1
6 (51)	2:51	5	0:23	15.5	8:19	6	1:00	13.7
7 (54)	0:53	5	0:07	15.2	9:12	6	1:07	13.8
8 (53)	0:52	3	0:11	26.8	10:04	5	1:18	14.8
9 (57)	1:19	5	0:12	17.9	11:23	5	1:12	11.8
10 (58)	0:51	6	0:11	27.5	12:14	5	1:14	11.2
11 (59)	1:24	7	0:18	27.3	13:38	5	1:21	11.0
12 (60)	0:52	1	-	-	14:30	5	1:15	9.4
13 (65)	4:46	8	0:55	23.8	19:16	6	2:10	12.7
14 (66)	1:16	7	0:25	49.0	20:32	6	2:29	13.8
15 (69)	5:35	9	1:36	40.2	26:07	6	4:05	18.5
16 (68)	0:58	6	0:12	26.1	27:05	6	4:13	18.4
17 (67)	3:08	5	0:38	25.3	30:13	6	4:29	17.4
18 (64)	2:02	7	0:22	22.0	32:15	6	4:47	17.4
19 (61)	2:10	7	0:20	18.2	34:25	6	5:06	17.4
20 (72)	1:52	7	0:26	30.2	36:17	6	5:21	17.3
21 (71)	-	0	-	-	36:17	6	5:21	17.3
22 (49)	2:02	5	0:16	15.1	38:19	6	5:14	15.8
23 (47)	1:22	7	0:09	12.3	39:41	6	5:23	15.7
24 (100)	0:23	7	0:05	27.8	40:04	6	5:28	15.8
□□	0:10	2	0:02	25.0	40:14	6	5:30	15.8