



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Bombien, Frank

□□: OLV Weimar

□□□: 46:24

□□□□: 10:05 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 8(of 13)

□□□□□□□: 34:44

□□: 11:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (34)	1:03	8	0:17	37.0	1:03	8	0:17	37.0
2 (38)	1:03	8	0:14	28.6	2:06	8	0:30	31.3
3 (39)	0:47	9	0:13	38.2	2:53	8	0:36	26.3
4 (43)	1:05	7	0:09	16.1	3:58	8	0:42	21.4
5 (44)	1:59	9	0:25	26.6	5:57	9	1:07	23.1
6 (51)	3:22	9	0:54	36.5	9:19	9	2:00	27.3
7 (54)	1:08	8	0:22	47.8	10:27	8	2:22	29.3
8 (53)	0:56	7	0:15	36.6	11:23	8	2:37	29.9
9 (57)	1:19	5	0:12	17.9	12:42	8	2:31	24.7
10 (58)	1:08	11	0:28	70.0	13:50	8	2:50	25.8
11 (59)	1:36	9	0:30	45.5	15:26	8	3:09	25.6
12 (60)	1:02	6	0:10	19.2	16:28	8	3:13	24.3
13 (65)	5:04	9	1:13	31.6	21:32	8	4:26	25.9
14 (66)	1:18	8	0:27	52.9	22:50	8	4:47	26.5
15 (69)	6:23	10	2:24	60.3	29:13	8	7:11	32.6
16 (68)	1:10	8	0:24	52.2	30:23	8	7:31	32.9
17 (67)	4:06	11	1:36	64.0	34:29	9	8:45	34.0
18 (64)	2:18	9	0:38	38.0	36:47	8	9:19	33.9
19 (61)	2:37	9	0:47	42.7	39:24	8	10:05	34.4
20 (72)	2:16	11	0:50	58.1	41:40	8	10:44	34.7
21 (71)	-	0	-	-	41:40	8	10:44	34.7
22 (49)	2:32	8	0:46	43.4	44:12	8	11:07	33.6
23 (47)	1:33	8	0:20	27.4	45:45	8	11:27	33.4
24 (100)	0:29	11	0:11	61.1	46:14	8	11:38	33.6
□□	0:10	2	0:02	25.0	46:24	8	11:40	33.6