



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

□□□□

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

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 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 |