



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Conrad, Helmut

□□: USV TU Dresden

□□□: 47:03

□□□□: 10:13 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 9(of 13)

□□□□□□□: 34:44

□□: 12:19

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (34)	1:13	11	0:27	58.7	1:13	11	0:27	58.7
2 (38)	0:59	6	0:10	20.4	2:12	9	0:36	37.5
3 (39)	0:40	5	0:06	17.7	2:52	7	0:35	25.6
4 (43)	1:01	3	0:05	8.9	3:53	7	0:37	18.9
5 (44)	1:51	6	0:17	18.1	5:44	7	0:54	18.6
6 (51)	3:19	8	0:51	34.5	9:03	8	1:44	23.7
7 (54)	0:53	5	0:07	15.2	9:56	7	1:51	22.9
8 (53)	0:54	6	0:13	31.7	10:50	7	2:04	23.6
9 (57)	1:15	2	0:08	11.9	12:05	7	1:54	18.7
10 (58)	1:05	10	0:25	62.5	13:10	7	2:10	19.7
11 (59)	1:23	5	0:17	25.8	14:33	7	2:16	18.5
12 (60)	1:07	7	0:15	28.9	15:40	7	2:25	18.2
13 (65)	4:28	6	0:37	16.0	20:08	7	3:02	17.7
14 (66)	1:19	9	0:28	54.9	21:27	7	3:24	18.8
15 (69)	5:01	7	1:02	25.9	26:28	7	4:26	20.1
16 (68)	1:25	9	0:39	84.8	27:53	7	5:01	21.9
17 (67)	2:51	3	0:21	14.0	30:44	7	5:00	19.4
18 (64)	7:30	13	5:50	350.0	38:14	9	10:46	39.2
19 (61)	3:12	12	1:22	74.6	41:26	9	12:07	41.3
20 (72)	1:51	6	0:25	29.1	43:17	9	12:21	39.9
21 (71)	-	0	-	-	43:17	9	12:21	39.9
22 (49)	1:52	3	0:06	5.7	45:09	9	12:04	36.5
23 (47)	1:21	6	0:08	11.0	46:30	9	12:12	35.6
24 (100)	0:23	7	0:05	27.8	46:53	9	12:17	35.5
□□	0:10	2	0:02	25.0	47:03	9	12:19	35.5