



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Kern, Hans-Jürgen

□□: OLV Weimar

□□□: 54:06

□□□□: 11:45 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 10(of 13)

□□□□□□: 34:44

□□: 19:22

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	□□	-	-	%	□□	-	-	%
1 (34)	1:08	10	0:22	47.8	1:08	10	0:22	47.8
2 (38)	1:30	13	0:41	83.7	2:38	11	1:02	64.6
3 (39)	1:00	12	0:26	76.5	3:38	12	1:21	59.1
4 (43)	1:20	12	0:24	42.9	4:58	12	1:42	52.0
5 (44)	2:29	13	0:55	58.5	7:27	12	2:37	54.1
6 (51)	4:14	12	1:46	71.6	11:41	12	4:22	59.7
7 (54)	1:21	9	0:35	76.1	13:02	11	4:57	61.2
8 (53)	1:20	9	0:39	95.1	14:22	11	5:36	63.9
9 (57)	1:44	11	0:37	55.2	16:06	10	5:55	58.1
10 (58)	0:59	8	0:19	47.5	17:05	9	6:05	55.3
11 (59)	1:47	11	0:41	62.1	18:52	9	6:35	53.6
12 (60)	2:01	13	1:09	132.7	20:53	11	7:38	57.6
13 (65)	6:00	13	2:09	55.8	26:53	11	9:47	57.2
14 (66)	1:37	10	0:46	90.2	28:30	11	10:27	57.9
15 (69)	7:04	11	3:05	77.4	35:34	11	13:32	61.4
16 (68)	1:48	12	1:02	134.8	37:22	11	14:30	63.4
17 (67)	3:51	10	1:21	54.0	41:13	10	15:29	60.2
18 (64)	2:16	8	0:36	36.0	43:29	10	16:01	58.3
19 (61)	2:39	10	0:49	44.6	46:08	10	16:49	57.4
20 (72)	2:15	10	0:49	57.0	48:23	10	17:27	56.4
21 (71)	-	0	-	-	48:23	10	17:27	56.4
22 (49)	3:07	12	1:21	76.4	51:30	10	18:25	55.7
23 (47)	1:46	10	0:33	45.2	53:16	10	18:58	55.3
24 (100)	0:35	13	0:17	94.4	53:51	10	19:15	55.6
□□	0:15	13	0:07	87.5	54:06	10	19:22	55.8