



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

□□□□

Pöhlmann, Lutz

□□: USV Jena

□□□: 56:44

□□□□: 12:20 min/km

□□: 4.60 km / 24 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 12(of 13)

□□□□□□: 34:44

□□: 22:00

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (34)	1:30	12	0:44	95.7	1:30	12	0:44	95.7
2 (38)	1:10	10	0:21	42.9	2:40	12	1:04	66.7
3 (39)	0:43	8	0:09	26.5	3:23	11	1:06	48.2
4 (43)	1:09	8	0:13	23.2	4:32	11	1:16	38.8
5 (44)	2:04	10	0:30	31.9	6:36	11	1:46	36.6
6 (51)	3:40	11	1:12	48.7	10:16	10	2:57	40.3
7 (54)	1:31	10	0:45	97.8	11:47	9	3:42	45.8
8 (53)	1:55	11	1:14	180.5	13:42	10	4:56	56.3
9 (57)	1:30	8	0:23	34.3	15:12	9	5:01	49.3
10 (58)	2:36	13	1:56	290.0	17:48	10	6:48	61.8
11 (59)	1:44	10	0:38	57.6	19:32	10	7:15	59.0
12 (60)	1:10	8	0:18	34.6	20:42	9	7:27	56.2
13 (65)	5:20	12	1:29	38.5	26:02	10	8:56	52.2
14 (66)	1:47	12	0:56	109.8	27:49	10	9:46	54.1
15 (69)	7:16	12	3:17	82.4	35:05	10	13:03	59.2
16 (68)	1:55	13	1:09	150.0	37:00	10	14:08	61.8
17 (67)	4:17	12	1:47	71.3	41:17	11	15:33	60.4
18 (64)	2:58	12	1:18	78.0	44:15	11	16:47	61.1
19 (61)	3:14	13	1:24	76.4	47:29	11	18:10	62.0
20 (72)	2:23	13	0:57	66.3	49:52	12	18:56	61.2
21 (71)	-	0	-	-	49:52	12	18:56	61.2
22 (49)	3:58	13	2:12	124.5	53:50	12	20:45	62.7
23 (47)	2:12	13	0:59	80.8	56:02	12	21:44	63.4
24 (100)	0:30	12	0:12	66.7	56:32	12	21:56	63.4
□□	0:12	9	0:04	50.0	56:44	12	22:00	63.3