



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

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Nitsche, Hans-Jürgen

□□: SV Handwerk Erfurt

□□□: 29:08

□□□□: 9:23 min/km

□□: 3.10 km / 15 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 4(of 6)

□□□□□□: 23:29

□□: 5:39

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (33)	0:49	3	0:08	19.5	0:49	3	0:08	19.5
2 (36)	4:17	5	3:28	424.5	5:06	5	3:34	232.6
3 (40)	1:28	1	-	-	6:34	5	3:30	114.1
4 (50)	2:56	4	0:23	15.0	9:30	4	3:44	64.7
5 (71)	1:37	4	0:11	12.8	11:07	4	3:47	51.6
6 (72)	-	0	-	-	11:07	4	3:47	51.6
7 (63)	3:40	3	0:21	10.6	14:47	4	3:37	32.4
8 (62)	1:46	3	0:16	17.8	16:33	4	3:53	30.7
9 (60)	1:23	1	-	-	17:56	4	3:51	27.3
10 (59)	1:02	4	0:07	12.7	18:58	4	3:58	26.4
11 (73)	2:07	4	0:34	36.6	21:05	4	4:32	27.4
12 (57)	1:22	4	0:28	51.9	22:27	4	5:00	28.7
13 (51)	2:10	3	0:13	11.1	24:37	4	5:13	26.9
14 (52)	1:13	5	0:35	92.1	25:50	4	5:31	27.2
15 (100)	3:03	4	0:25	15.8	28:53	4	5:37	24.1
□□	0:15	4	0:05	50.0	29:08	4	5:39	24.1