



Thüringen Pokal 2018 und TRL
Arnstadt / 14.04.2018

□□□□

Lange, Hans

□□: OLV Weimar

□□□: 39:34

□□□□: 12:45 min/km

□□: 3.10 km / 15 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 5(of 6)

□□□□□□: 23:29

□□: 16:05

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (33)	1:03	4	0:22	53.7	1:03	4	0:22	53.7
2 (36)	3:19	4	2:30	306.1	4:22	4	2:50	184.8
3 (40)	1:54	5	0:26	29.6	6:16	4	3:12	104.4
4 (50)	3:32	5	0:59	38.6	9:48	5	4:02	69.9
5 (71)	2:09	5	0:43	50.0	11:57	5	4:37	63.0
6 (72)	-	0	-	-	11:57	5	4:37	63.0
7 (63)	4:29	5	1:10	35.2	16:26	5	5:16	47.2
8 (62)	1:51	5	0:21	23.3	18:17	5	5:37	44.3
9 (60)	2:02	5	0:39	47.0	20:19	5	6:14	44.3
10 (59)	1:22	5	0:27	49.1	21:41	5	6:41	44.6
11 (73)	2:07	4	0:34	36.6	23:48	5	7:15	43.8
12 (57)	1:44	5	0:50	92.6	25:32	5	8:05	46.3
13 (51)	5:48	5	3:51	197.4	31:20	5	11:56	61.5
14 (52)	1:05	4	0:27	71.1	32:25	5	12:06	59.6
15 (100)	6:55	5	4:17	162.7	39:20	5	16:04	69.1
□□	0:15	4	0:05	50.0	39:34	5	16:05	68.5