



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Kollenbach, Louisa

□□: SC Helsa

□□□: 58:11

□□□□: 20:03 min/km

□□: 2.90 km / 11 □□

□□□□:

D-14

□□□□□: 4(of 4)

□□□□□□: 31:11

□□: 27:00

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (66)	5:38	4	3:14	134.7	5:38	4	3:14	134.7
2 (55)	6:47	4	6:47	-	12:25	4	12:25	-
3 (202)	4:12	4	4:12	-	16:37	4	16:37	-
4 (70)	9:40	4	9:40	-	26:17	4	26:17	-
5 (66)	5:30	4	2:58	117.1	31:47	4	20:50	190.3
6 (47)	5:50	3	2:26	71.6	37:37	4	37:37	-
7 (207)	3:38	4	1:33	74.4	41:15	4	41:15	-
8 (60)	3:36	2	1:22	61.2	44:51	4	44:51	-
9 (66)	5:40	4	2:33	81.8	50:31	4	25:39	103.2
10 (69)	4:27	3	2:22	113.6	54:58	4	25:24	85.9
11 (100)	2:23	4	1:29	164.8	57:21	4	26:35	86.4
□□	0:50	4	0:29	138.1	58:11	4	27:00	86.6