



Thüringer Ranglistenlauf Langstrecke  
Erfurt / 21.10.2018

□□□□

Schindler, Erik

□□: SV Handwerk Erfurt

□□□: 33:00

□□□□: 8:02 min/km

□□: 4.10 km / 15 □□

□□□□:  
H-16

□□□□□: 1(of 3)

□□□□□□: 33:00

□□: -

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (41)	1:33	1	-	-	1:33	1	-	-
2 (70)	1:23	2	0:01	1.2	2:56	1	-	-
3 (208)	1:56	2	1:56	-	4:52	2	4:52	-
4 (51)	1:46	2	1:46	-	6:38	2	6:38	-
5 (39)	2:54	1	-	-	9:32	1	-	-
6 (57)	4:09	3	4:09	-	13:41	2	13:41	-
7 (70)	3:15	2	0:24	14.0	16:56	2	3:10	23.0
8 (52)	1:30	1	-	-	18:26	2	18:26	-
9 (43)	1:25	1	-	-	19:51	2	19:51	-
10 (38)	3:32	2	3:32	-	23:23	2	23:23	-
11 (34)	1:34	1	-	-	24:57	2	24:57	-
12 (70)	3:04	1	-	-	28:01	1	-	-
13 (35)	2:27	1	-	-	30:28	1	-	-
14 (69)	1:30	1	-	-	31:58	1	-	-
15 (100)	0:41	1	-	-	32:39	1	-	-
□□	0:21	3	0:04	23.5	33:00	1	-	-