



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Usbeck, Louis

□□: SV Handwerk Erfurt

□□□: 35:32

□□□□: 8:39 min/km

□□: 4.10 km / 15 □□

□□□□:
H-16

□□□□□: 2(of 3)

□□□□□□: 33:00

□□: 2:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (41)	1:35	2	0:02	2.2	1:35	2	0:02	2.2
2 (70)	1:22	1	-	-	2:57	2	0:01	0.6
3 (52)	1:21	1	-	-	4:18	1	-	-
4 (43)	1:30	1	-	-	5:48	1	-	-
5 (38)	3:54	2	3:54	-	9:42	2	9:42	-
6 (34)	1:13	1	-	-	10:55	1	-	-
7 (70)	2:51	1	-	-	13:46	1	-	-
8 (208)	2:00	2	2:00	-	15:46	1	-	-
9 (51)	2:27	2	2:27	-	18:13	1	-	-
10 (39)	3:05	1	-	-	21:18	1	-	-
11 (57)	3:37	2	3:37	-	24:55	1	-	-
12 (70)	3:45	2	0:41	22.3	28:40	2	0:39	2.3
13 (35)	4:02	2	1:35	64.6	32:42	2	2:14	7.3
14 (69)	1:40	2	0:10	11.1	34:22	2	2:24	7.5
15 (100)	0:53	2	0:12	29.3	35:15	2	2:36	8.0
□□	0:17	1	-	-	35:32	2	2:32	7.7