



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Kirsten, Manuel

□□: HMG

□□□: 45:45

□□□□: 11:09 min/km

□□: 4.10 km / 15 □□

□□□□:

H-16

□□□□□: 3(of 3)

□□□□□□: 33:00

□□: 12:45

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (41)	2:01	3	0:28	30.1	2:01	3	0:28	30.1
2 (70)	2:21	3	0:59	72.0	4:22	3	1:26	48.9
3 (52)	1:56	2	0:35	43.2	6:18	3	2:00	46.5
4 (43)	2:00	3	0:30	33.3	8:18	3	2:30	43.1
5 (38)	4:45	3	4:45	-	13:03	3	13:03	-
6 (34)	2:13	2	1:00	82.2	15:16	3	4:21	39.9
7 (70)	3:28	3	0:37	21.6	18:44	3	4:58	36.1
8 (208)	3:13	3	3:13	-	21:57	3	6:11	39.2
9 (51)	2:33	3	2:33	-	24:30	3	6:17	34.5
10 (39)	4:21	3	1:16	41.1	28:51	3	7:33	35.5
11 (57)	4:17	3	4:17	-	33:08	3	8:13	33.0
12 (70)	4:58	3	1:54	62.0	38:06	3	10:05	36.0
13 (35)	4:08	3	1:41	68.7	42:14	3	11:46	38.6
14 (69)	1:52	3	0:22	24.4	44:06	3	12:08	38.0
15 (100)	1:21	3	0:40	97.6	45:27	3	12:48	39.2
□□	0:18	2	0:01	5.9	45:45	3	12:45	38.6