



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Dittmann, Martin

□□: SV Handwerk Erfurt

□□□: 58:08

□□□□: 11:37 min/km

□□: 5.00 km / 19 □□

□□□□:
H-18

□□□□□: 2(of 3)
□□□□□□□: 35:30
□□: 22:38

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	□□	-	-	%	□□	-	-	%
1 (47)	1:49	2	0:03	2.8	1:49	2	0:03	2.8
2 (70)	1:15	1	-	-	3:04	1	-	-
3 (52)	1:32	2	1:32	-	4:36	1	-	-
4 (202)	2:12	2	2:12	-	6:48	1	-	-
5 (38)	2:13	2	2:13	-	9:01	2	9:01	-
6 (34)	1:44	1	-	-	10:45	2	10:45	-
7 (70)	4:43	3	1:54	67.5	15:28	2	2:13	16.7
8 (44)	2:03	2	2:03	-	17:31	2	17:31	-
9 (40)	4:08	2	4:08	-	21:39	2	21:39	-
10 (39)	1:43	2	0:10	10.8	23:22	2	23:22	-
11 (57)	5:32	2	5:32	-	28:54	2	28:54	-
12 (70)	3:50	2	1:46	85.5	32:44	2	10:53	49.8
13 (54)	6:42	3	4:01	149.7	39:26	2	14:54	60.7
14 (67)	3:39	3	1:31	71.1	43:05	2	16:25	61.6
15 (62)	1:54	3	0:51	81.0	44:59	2	17:16	62.3
16 (72)	1:54	2	1:07	142.6	46:53	2	18:23	64.5
17 (65)	7:43	3	3:22	77.4	54:36	2	21:45	66.2
18 (69)	2:15	3	0:37	37.8	56:51	2	22:22	64.9
19 (100)	0:59	2	0:16	37.2	57:50	2	22:38	64.3
□□	0:18	2	0:02	12.5	58:08	2	22:38	63.8