



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Wich-Heiter, Simon

□□□: 1:09:36

□□: GjO-Vard OL

□□□□: 13:55 min/km

□□: 5.00 km / 19 □□

□□□□:

H-18

□□□□□: 3(of 3)

□□□□□□: 35:30

□□: 34:06

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	3:06	3	1:20	75.5	3:06	3	1:20	75.5
2 (70)	1:46	3	0:31	41.3	4:52	3	1:48	58.7
3 (52)	1:36	3	1:36	-	6:28	3	1:52	40.6
4 (202)	4:51	3	4:51	-	11:19	3	4:31	66.4
5 (38)	3:41	3	3:41	-	15:00	3	15:00	-
6 (34)	3:20	3	1:36	92.3	18:20	3	18:20	-
7 (70)	4:03	2	1:14	43.8	22:23	3	9:08	68.9
8 (44)	8:57	3	8:57	-	31:20	3	31:20	-
9 (40)	4:37	3	4:37	-	35:57	3	35:57	-
10 (39)	1:33	1	-	-	37:30	3	37:30	-
11 (57)	5:37	3	5:37	-	43:07	3	43:07	-
12 (70)	6:05	3	4:01	194.4	49:12	3	27:21	125.2
13 (54)	3:13	2	0:32	19.9	52:25	3	27:53	113.7
14 (67)	3:13	2	1:05	50.8	55:38	3	28:58	108.6
15 (62)	1:38	2	0:35	55.6	57:16	3	29:33	106.6
16 (72)	2:00	3	1:13	155.3	59:16	3	30:46	108.0
17 (65)	6:52	2	2:31	57.9	1:06:08	3	33:17	101.3
18 (69)	2:04	2	0:26	26.5	1:08:12	3	33:43	97.8
19 (100)	1:08	3	0:25	58.1	1:09:20	3	34:08	97.0
□□	0:16	1	-	-	1:09:36	3	34:06	96.1