



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Elsner, Paul

□□: SV TU Ilmenau

□□□: 37:19

□□□□: 23:19 min/km

□□: 1.60 km / 9 □□

□□□□:

H-10

□□□□□: 2(of 2)

□□□□□□: 32:15

□□: 5:04

□□□□

| □□      | □□   | □□ | □□   | □□    | □□□   | □□ | □□   | □□   |
|---------|------|----|------|-------|-------|----|------|------|
|         | □□   | -  | -    | %     | □□    | -  | -    | %    |
| 1 (31)  | 3:46 | 1  | -    | -     | 3:46  | 1  | -    | -    |
| 2 (207) | 5:16 | 2  | 3:27 | 189.9 | 9:02  | 2  | 2:31 | 38.6 |
| 3 (32)  | 3:44 | 1  | -    | -     | 12:46 | 1  | -    | -    |
| 4 (31)  | 3:15 | 2  | 2:17 | 236.2 | 16:01 | 2  | 1:44 | 12.1 |
| 5 (205) | 6:03 | 1  | -    | -     | 22:04 | 2  | 0:08 | 0.6  |
| 6 (210) | 3:50 | 2  | 1:58 | 105.4 | 25:54 | 2  | 2:06 | 8.8  |
| 7 (37)  | 1:17 | 1  | -    | -     | 27:11 | 2  | 0:29 | 1.8  |
| 8 (31)  | 4:36 | 2  | 2:12 | 91.7  | 31:47 | 2  | 2:41 | 9.2  |
| 9 (100) | 5:11 | 2  | 2:21 | 82.9  | 36:58 | 2  | 5:02 | 15.8 |
| □□      | 0:21 | 2  | 0:02 | 10.5  | 37:19 | 2  | 5:04 | 15.7 |