



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Hochstetter, Joris

□□: USV Jena

□□□: 47:02

□□□□: 6:11 min/km

□□: 7.60 km / 24 □□

□□□□:

Herren ab 21

□□□□□: 2(of 7)

□□□□□□□: 40:36

□□: 6:26

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	1:32	1	-	-	1:32	1	-	-
2 (39)	1:51	1	-	-	3:23	1	-	-
3 (40)	0:47	1	-	-	4:10	1	-	-
4 (52)	2:52	5	2:52	-	7:02	2	7:02	-
5 (70)	1:28	3	0:21	31.3	8:30	2	8:30	-
6 (39)	3:20	5	3:20	-	11:50	2	11:50	-
7 (51)	2:17	2	0:03	2.2	14:07	2	14:07	-
8 (44)	1:21	4	1:21	-	15:28	2	15:28	-
9 (39)	2:31	2	0:08	5.6	17:59	2	2:46	18.2
10 (67)	6:24	2	0:52	15.7	24:23	2	3:38	17.5
11 (58)	2:03	5	2:03	-	26:26	2	26:26	-
12 (73)	0:36	1	-	-	27:02	2	27:02	-
13 (67)	1:53	2	0:06	5.6	28:55	2	28:55	-
14 (68)	0:53	2	0:53	-	29:48	2	29:48	-
15 (74)	2:06	3	2:06	-	31:54	2	31:54	-
16 (56)	2:14	4	2:14	-	34:08	2	34:08	-
17 (71)	0:57	4	0:57	-	35:05	2	35:05	-
18 (67)	1:50	2	0:11	11.1	36:55	2	5:06	16.0
19 (72)	1:17	3	0:05	6.9	38:12	2	5:09	15.6
20 (48)	2:54	2	0:24	16.0	41:06	2	5:33	15.6
21 (35)	1:12	2	0:07	10.8	42:18	2	5:40	15.5
22 (34)	1:33	3	0:20	27.4	43:51	2	6:00	15.9
23 (33)	1:42	2	0:22	27.5	45:33	2	6:22	16.3
24 (100)	1:12	3	0:03	4.4	46:45	2	6:25	15.9
□□	0:17	3	0:01	6.3	47:02	2	6:26	15.9