



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Czioska, Paul

□□□: 48:49

□□: OLF Mainz

□□□□: 6:25 min/km

□□: 7.60 km / 24 □□

□□□□:

Herren ab 21

□□□□□: 3(of 7)

□□□□□□: 40:36

□□: 8:13

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	1:40	3	0:08	8.7	1:40	3	0:08	8.7
2 (39)	2:05	3	0:14	12.6	3:45	3	0:22	10.8
3 (40)	1:41	3	0:54	114.9	5:26	4	1:16	30.4
4 (52)	2:37	4	2:37	-	8:03	3	8:03	-
5 (70)	1:07	1	-	-	9:10	3	9:10	-
6 (39)	3:17	4	3:17	-	12:27	4	12:27	-
7 (51)	2:14	1	-	-	14:41	3	14:41	-
8 (44)	1:20	3	1:20	-	16:01	3	16:01	-
9 (39)	2:23	1	-	-	18:24	3	3:11	20.9
10 (67)	6:26	3	0:54	16.3	24:50	3	4:05	19.7
11 (58)	1:52	4	1:52	-	26:42	3	26:42	-
12 (73)	1:00	2	0:24	66.7	27:42	3	27:42	-
13 (67)	1:47	1	-	-	29:29	3	29:29	-
14 (68)	0:58	3	0:58	-	30:27	3	30:27	-
15 (74)	2:14	4	2:14	-	32:41	3	32:41	-
16 (56)	3:07	6	3:07	-	35:48	3	35:48	-
17 (71)	1:00	5	1:00	-	36:48	3	36:48	-
18 (67)	1:53	3	0:14	14.1	38:41	3	6:52	21.6
19 (72)	1:12	1	-	-	39:53	3	6:50	20.7
20 (48)	3:02	3	0:32	21.3	42:55	3	7:22	20.7
21 (35)	1:13	3	0:08	12.3	44:08	3	7:30	20.5
22 (34)	1:27	2	0:14	19.2	45:35	3	7:44	20.4
23 (33)	1:47	3	0:27	33.8	47:22	3	8:11	20.9
24 (100)	1:09	1	-	-	48:31	3	8:11	20.3
□□	0:18	4	0:02	12.5	48:49	3	8:13	20.2