



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Kiselev, Roman

□□: USV Jena

□□□: 1:01:10

□□□□: 8:02 min/km

□□: 7.60 km / 24 □□

□□□□:

Herren ab 21

□□□□□: 5(of 7)

□□□□□□□: 40:36

□□: 20:34

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (57)	1:56	6	0:24	26.1	1:56	6	0:24	26.1
2 (39)	2:35	6	0:44	39.6	4:31	6	1:08	33.5
3 (51)	2:58	5	2:58	-	7:29	5	7:29	-
4 (44)	1:39	2	0:31	45.6	9:08	5	2:42	42.0
5 (39)	4:49	6	4:49	-	13:57	6	5:30	65.1
6 (40)	1:00	3	0:21	53.9	14:57	6	5:51	64.3
7 (52)	3:23	6	3:23	-	18:20	6	6:51	59.7
8 (70)	1:38	5	0:41	71.9	19:58	6	7:32	60.6
9 (39)	3:34	6	1:11	49.7	23:32	6	8:19	54.7
10 (67)	8:02	5	2:30	45.2	31:34	6	10:49	52.1
11 (68)	1:29	2	0:40	81.6	33:03	6	11:29	53.3
12 (74)	2:41	5	2:41	-	35:44	6	12:19	52.6
13 (56)	2:40	5	2:40	-	38:24	6	12:51	50.3
14 (71)	1:36	6	0:45	88.2	40:00	6	13:36	51.5
15 (67)	2:32	5	0:52	52.0	42:32	6	14:28	51.5
16 (58)	2:07	3	0:33	35.1	44:39	6	15:01	50.7
17 (73)	0:52	3	0:20	62.5	45:31	6	15:21	50.9
18 (67)	2:10	5	0:31	31.3	47:41	6	15:52	49.9
19 (72)	1:29	4	0:17	23.6	49:10	5	16:07	48.8
20 (48)	3:34	5	1:04	42.7	52:44	5	17:11	48.3
21 (35)	1:33	6	0:28	43.1	54:17	5	17:39	48.2
22 (34)	3:02	5	1:49	149.3	57:19	5	19:28	51.4
23 (33)	2:20	6	1:00	75.0	59:39	5	20:28	52.2
24 (100)	1:15	4	0:06	8.7	1:00:54	5	20:34	51.0
□□	0:16	1	-	-	1:01:10	5	20:34	50.7