



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Röhrich, Kirsten

□□□: 38:41

□□: USV Jena

□□□□: 11:43 min/km

□□: 3.30 km / 12 □□

□□□□:

Damen ab 45

□□□□□: 2(of 9)

□□□□□□□: 35:31

□□: 3:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (201)	2:47	6	0:58	53.2	2:47	6	0:58	53.2
2 (38)	4:21	5	4:21	-	7:08	5	7:08	-
3 (42)	2:46	2	0:08	5.1	9:54	5	9:54	-
4 (52)	4:11	7	4:11	-	14:05	6	14:05	-
5 (47)	3:35	1	-	-	17:40	5	17:40	-
6 (201)	3:24	3	0:54	36.0	21:04	5	2:59	16.5
7 (46)	1:28	3	0:09	11.4	22:32	4	1:38	7.8
8 (39)	3:33	5	3:33	-	26:05	5	2:05	8.7
9 (40)	1:51	1	-	-	27:56	2	1:08	4.2
10 (44)	4:32	3	1:15	38.1	32:28	2	2:12	7.3
11 (201)	3:42	6	1:09	45.1	36:10	2	2:52	8.6
12 (100)	2:09	4	0:30	30.3	38:19	2	3:14	9.2
□□	0:22	1	-	-	38:41	2	3:10	8.9