



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

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Schönfeld, Ute

□□: SV TU Ilmenau

□□□: 39:29

□□□□: 11:57 min/km

□□: 3.30 km / 12 □□

□□□□:

Damen ab 45

□□□□□: 3(of 9)

□□□□□□□: 35:31

□□: 3:58

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	□□	-	-	%	□□	-	-	%
1 (201)	1:49	1	-	-	1:49	1	-	-
2 (46)	1:28	2	0:04	4.8	3:17	1	-	-
3 (39)	3:45	6	3:45	-	7:02	1	-	-
4 (40)	3:16	3	0:57	41.0	10:18	1	-	-
5 (44)	4:42	6	4:42	-	15:00	2	0:18	2.0
6 (201)	3:05	2	0:35	23.3	18:05	1	-	-
7 (38)	4:21	6	4:21	-	22:26	3	22:26	-
8 (42)	2:42	1	-	-	25:08	3	25:08	-
9 (52)	3:25	4	3:25	-	28:33	3	28:33	-
10 (47)	6:20	6	6:20	-	34:53	4	34:53	-
11 (201)	2:33	1	-	-	37:26	4	4:08	12.4
12 (100)	1:39	1	-	-	39:05	3	4:00	11.4
□□	0:24	2	0:02	9.1	39:29	3	3:58	11.2