



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Bräuer, Sabine

□□□: 39:33

□□: USV Jena

□□□□: 11:59 min/km

□□: 3.30 km / 12 □□

□□□□:

Damen ab 45

□□□□□: 4(of 9)

□□□□□□□: 35:31

□□: 4:02

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| □□       | □□<br>□□ | □□<br>- | □□<br>- | □□<br>% | □□□<br>□□ | □□<br>- | □□<br>- | □□<br>% |
|----------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (201)  | 2:21     | 4       | 0:32    | 29.4    | 2:21      | 4       | 0:32    | 29.4    |
| 2 (38)   | 3:21     | 4       | 3:21    | -       | 5:42      | 3       | 5:42    | -       |
| 3 (42)   | 3:05     | 4       | 0:27    | 17.1    | 8:47      | 3       | 8:47    | -       |
| 4 (52)   | 3:21     | 4       | 3:21    | -       | 12:08     | 3       | 12:08   | -       |
| 5 (47)   | 4:03     | 3       | 0:28    | 13.0    | 16:11     | 3       | 16:11   | -       |
| 6 (201)  | 3:57     | 6       | 1:27    | 58.0    | 20:08     | 4       | 2:03    | 11.3    |
| 7 (46)   | 1:19     | 1       | -       | -       | 21:27     | 2       | 0:33    | 2.6     |
| 8 (39)   | 3:31     | 4       | 3:31    | -       | 24:58     | 2       | 0:58    | 4.0     |
| 9 (40)   | 5:35     | 6       | 3:44    | 201.8   | 30:33     | 5       | 3:45    | 14.0    |
| 10 (44)  | 3:17     | 1       | -       | -       | 33:50     | 3       | 3:34    | 11.8    |
| 11 (201) | 2:57     | 2       | 0:24    | 15.7    | 36:47     | 3       | 3:29    | 10.5    |
| 12 (100) | 2:20     | 6       | 0:41    | 41.4    | 39:07     | 4       | 4:02    | 11.5    |
| □□       | 0:26     | 3       | 0:04    | 18.2    | 39:33     | 4       | 4:02    | 11.4    |