



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Lichter, Dorit

□□: USV Jena

□□□: 47:28

□□□□: 14:23 min/km

□□: 3.30 km / 12 □□

□□□□:

Damen ab 45

□□□□□: 6(of 9)

□□□□□□□: 35:31

□□: 11:57

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	□□	-	-	%	□□	-	-	%
1 (201)	2:42	5	0:53	48.6	2:42	5	0:53	48.6
2 (38)	4:31	6	4:31	-	7:13	7	7:13	-
3 (42)	2:46	2	0:08	5.1	9:59	6	9:59	-
4 (52)	4:02	6	4:02	-	14:01	5	14:01	-
5 (47)	4:05	4	0:30	14.0	18:06	6	18:06	-
6 (201)	3:34	4	1:04	42.7	21:40	6	3:35	19.8
7 (46)	2:16	4	0:57	72.2	23:56	6	3:02	14.5
8 (39)	9:41	7	9:41	-	33:37	6	9:37	40.1
9 (40)	2:21	2	0:30	27.0	35:58	6	9:10	34.2
10 (44)	5:25	5	2:08	65.0	41:23	6	11:07	36.7
11 (201)	3:26	5	0:53	34.6	44:49	6	11:31	34.6
12 (100)	2:13	5	0:34	34.3	47:02	6	11:57	34.1
□□	0:26	3	0:04	18.2	47:28	6	11:57	33.7