



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

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Lösch, Ute

□□: USV Jena

□□□: 28:17

□□□□: 11:47 min/km

□□: 2.40 km / 11 □□

□□□□:

Damen ab 55

□□□□□: 3(of 7)

□□□□□□□: 25:30

□□: 2:47

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	□□	-	-	%	□□	-	-	%
1 (35)	1:28	1	-	-	1:28	1	-	-
2 (37)	2:10	2	0:06	4.8	3:38	1	-	-
3 (47)	2:04	2	0:07	6.0	5:42	1	-	-
4 (35)	2:35	5	0:33	27.1	8:17	2	0:23	4.9
5 (34)	2:56	2	0:18	11.4	11:13	2	0:41	6.5
6 (44)	3:19	5	3:19	-	14:32	2	1:03	7.8
7 (70)	2:45	3	2:45	-	17:17	3	17:17	-
8 (35)	3:48	5	3:48	-	21:05	3	21:05	-
9 (33)	4:29	4	4:29	-	25:34	3	25:34	-
10 (59)	1:04	1	-	-	26:38	3	26:38	-
11 (100)	1:06	2	0:01	1.5	27:44	3	27:44	-
□□	0:33	4	0:07	26.9	28:17	3	2:47	10.9