



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Tröße, Renate

□□: SV TU Ilmenau

□□□: 29:42

□□□□: 12:22 min/km

□□: 2.40 km / 11 □□

□□□□:

Damen ab 55

□□□□□: 4(of 7)

□□□□□□□: 25:30

□□: 4:12

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	1:58	4	0:30	34.1	1:58	4	0:30	34.1
2 (34)	3:41	7	3:41	-	5:39	4	5:39	-
3 (44)	3:00	3	3:00	-	8:39	4	8:39	-
4 (70)	2:23	2	2:23	-	11:02	4	11:02	-
5 (35)	4:03	4	4:03	-	15:05	4	15:05	-
6 (37)	2:30	2	0:17	12.8	17:35	4	17:35	-
7 (47)	2:13	1	-	-	19:48	4	19:48	-
8 (35)	2:30	2	2:30	-	22:18	4	22:18	-
9 (33)	3:35	2	3:35	-	25:53	4	25:53	-
10 (59)	1:06	2	0:02	3.1	26:59	4	26:59	-
11 (100)	2:07	7	1:02	95.4	29:06	4	29:06	-
□□	0:36	6	0:10	38.5	29:42	4	4:12	16.5