



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

□□□□

Volland, Christina

□□□: 43:01

□□: OLV Weimar

□□□□: 17:55 min/km

□□: 2.40 km / 11 □□

□□□□:

Damen ab 55

□□□□□: 7(of 7)

□□□□□□□: 25:30

□□: 17:31

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	2:36	6	1:08	77.3	2:36	6	1:08	77.3
2 (37)	3:04	3	1:00	48.4	5:40	5	2:02	56.0
3 (47)	3:20	6	1:23	70.9	9:00	6	3:18	57.9
4 (35)	3:38	7	1:36	78.7	12:38	7	4:44	59.9
5 (34)	4:30	6	1:52	70.9	17:08	7	6:36	62.7
6 (44)	5:10	7	5:10	-	22:18	7	8:49	65.4
7 (70)	4:03	5	4:03	-	26:21	7	26:21	-
8 (35)	4:52	7	4:52	-	31:13	7	31:13	-
9 (33)	7:19	7	7:19	-	38:32	7	38:32	-
10 (59)	2:10	4	1:06	103.1	40:42	7	40:42	-
11 (100)	1:46	6	0:41	63.1	42:28	7	42:28	-
□□	0:33	4	0:07	26.9	43:01	7	17:31	68.7