



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Stöcker, Günter Karsten

□□□: 59:50

□□: SV Vorwärts Leipzig

□□□□: 10:08 min/km

□□: 5.90 km / 19 □□

□□□□:

Herren ab 35

□□□□□: 1(of 3)

□□□□□□□: 59:50

□□: -

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (38)	4:41	2	0:10	3.7	4:41	2	0:10	3.7
2 (43)	4:42	3	4:42	-	9:23	3	9:23	-
3 (45)	1:52	1	-	-	11:15	3	11:15	-
4 (38)	3:43	2	2:00	116.5	14:58	2	4:00	36.5
5 (39)	1:30	2	0:24	36.4	16:28	2	0:04	0.4
6 (55)	2:29	2	0:48	47.5	18:57	2	0:52	4.8
7 (38)	1:43	2	0:12	13.2	20:40	2	1:04	5.4
8 (46)	3:02	1	-	-	23:42	2	1:03	4.6
9 (67)	7:49	1	-	-	31:31	2	0:34	1.8
10 (72)	3:49	3	1:41	78.9	35:20	2	1:44	5.2
11 (48)	4:33	2	0:38	16.2	39:53	2	2:22	6.3
12 (44)	3:25	1	-	-	43:18	2	2:04	5.0
13 (52)	1:20	1	-	-	44:38	2	0:23	0.9
14 (48)	3:34	2	1:32	75.4	48:12	2	0:03	0.1
15 (37)	2:18	2	0:11	8.7	50:30	2	0:14	0.5
16 (70)	1:15	1	-	-	51:45	2	0:13	0.4
17 (48)	2:34	2	0:09	6.2	54:19	2	0:22	0.7
18 (59)	4:26	1	-	-	58:45	1	-	-
19 (100)	0:44	1	-	-	59:29	1	-	-
□□	0:21	1	-	-	59:50	1	-	-