



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Opitz, Sven

□□: USV Jena

□□□: 1:00:02

□□□□: 10:10 min/km

□□: 5.90 km / 19 □□

□□□□:

Herren ab 35

□□□□□: 2(of 3)

□□□□□□: 59:50

□□: 0:12

□□□□

| □□       | □□   | □□ | □□   | □□    | □□□     | □□ | □□    | □□   |
|----------|------|----|------|-------|---------|----|-------|------|
|          | □□   | -  | -    | %     | □□      | -  | -     | %    |
| 1 (38)   | 4:31 | 1  | -    | -     | 4:31    | 1  | -     | -    |
| 2 (43)   | 4:03 | 2  | 4:03 | -     | 8:34    | 2  | 8:34  | -    |
| 3 (45)   | 2:17 | 2  | 0:25 | 22.3  | 10:51   | 2  | 10:51 | -    |
| 4 (38)   | 4:27 | 3  | 2:44 | 159.2 | 15:18   | 3  | 4:20  | 39.5 |
| 5 (39)   | 1:06 | 1  | -    | -     | 16:24   | 1  | -     | -    |
| 6 (55)   | 1:41 | 1  | -    | -     | 18:05   | 1  | -     | -    |
| 7 (38)   | 1:31 | 1  | -    | -     | 19:36   | 1  | -     | -    |
| 8 (46)   | 3:03 | 2  | 0:01 | 0.6   | 22:39   | 1  | -     | -    |
| 9 (67)   | 8:18 | 2  | 0:29 | 6.2   | 30:57   | 1  | -     | -    |
| 10 (72)  | 2:39 | 2  | 0:31 | 24.2  | 33:36   | 1  | -     | -    |
| 11 (48)  | 3:55 | 1  | -    | -     | 37:31   | 1  | -     | -    |
| 12 (44)  | 3:43 | 2  | 0:18 | 8.8   | 41:14   | 1  | -     | -    |
| 13 (52)  | 3:01 | 3  | 1:41 | 126.3 | 44:15   | 1  | -     | -    |
| 14 (48)  | 3:54 | 3  | 1:52 | 91.8  | 48:09   | 1  | -     | -    |
| 15 (37)  | 2:07 | 1  | -    | -     | 50:16   | 1  | -     | -    |
| 16 (70)  | 1:16 | 2  | 0:01 | 1.3   | 51:32   | 1  | -     | -    |
| 17 (48)  | 2:25 | 1  | -    | -     | 53:57   | 1  | -     | -    |
| 18 (59)  | 4:52 | 2  | 0:26 | 9.8   | 58:49   | 2  | 0:04  | 0.1  |
| 19 (100) | 0:49 | 2  | 0:05 | 11.4  | 59:38   | 2  | 0:09  | 0.3  |
| □□       | 0:24 | 2  | 0:03 | 14.3  | 1:00:02 | 2  | 0:12  | 0.3  |