



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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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

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	□□	-	-	%	□□	-	-	%
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