



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

**Berwing, Dieter**

□□: SV TU Ilmenau

□□□: 1:14:17

□□□□: 12:35 min/km

□□: 5.90 km / 19 □□

□□□□:

Herren ab 35

□□□□□: 3(of 3)

□□□□□□: 59:50

□□: 14:27

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (38)	5:49	3	1:18	28.8	5:49	3	1:18	28.8
2 (39)	1:07	1	-	-	6:56	1	-	-
3 (55)	2:19	3	2:19	-	9:15	1	-	-
4 (38)	1:43	1	-	-	10:58	1	-	-
5 (43)	9:47	3	9:47	-	20:45	3	20:45	-
6 (45)	4:34	3	4:34	-	25:19	3	25:19	-
7 (38)	4:29	3	2:58	195.6	29:48	3	10:12	52.0
8 (46)	3:32	3	0:30	16.5	33:20	3	10:41	47.2
9 (67)	9:01	3	1:12	15.4	42:21	3	11:24	36.8
10 (72)	2:08	1	-	-	44:29	3	10:53	32.4
11 (48)	4:50	3	0:55	23.4	49:19	3	11:48	31.5
12 (37)	3:50	3	3:50	-	53:09	3	53:09	-
13 (70)	1:54	2	1:54	-	55:03	3	55:03	-
14 (48)	2:02	1	-	-	57:05	3	8:56	18.6
15 (44)	4:08	3	4:08	-	1:01:13	3	1:01:13	-
16 (52)	1:35	3	1:35	-	1:02:48	3	1:02:48	-
17 (48)	4:56	3	2:31	104.1	1:07:44	3	13:47	25.6
18 (59)	5:08	3	0:42	15.8	1:12:52	3	14:07	24.0
19 (100)	0:58	3	0:14	31.8	1:13:50	3	14:21	24.1
□□	0:27	3	0:06	28.6	1:14:17	3	14:27	24.2