



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Heinert, Uwe

□□: OLV Weimar

□□□: 41:35

□□□□: 8:18 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 2(of 10)

□□□□□□□: 36:24

□□: 5:11

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:21	8	0:38	36.9	2:21	8	0:38	36.9
2 (70)	1:02	2	0:04	6.9	3:23	6	0:18	9.7
3 (52)	1:27	3	0:09	11.5	4:50	4	0:26	9.9
4 (202)	1:45	2	0:02	1.9	6:35	3	0:28	7.6
5 (38)	1:51	7	1:51	-	8:26	3	0:22	4.6
6 (34)	1:07	1	-	-	9:33	3	0:18	3.2
7 (70)	2:37	3	0:28	21.7	12:10	3	0:41	6.0
8 (44)	1:35	3	0:05	5.6	13:45	3	0:44	5.6
9 (40)	3:36	10	3:36	-	17:21	3	2:15	14.9
10 (39)	1:00	1	-	-	18:21	3	2:15	14.0
11 (57)	3:04	8	3:04	-	21:25	3	2:47	14.9
12 (70)	3:50	6	1:18	51.3	25:15	3	2:30	11.0
13 (54)	3:15	4	0:30	18.2	28:30	3	2:55	11.4
14 (67)	1:43	3	0:17	19.8	30:13	3	3:12	11.8
15 (62)	1:18	5	0:16	25.8	31:31	3	3:28	12.4
16 (72)	1:07	5	0:16	31.4	32:38	3	3:39	12.6
17 (65)	5:15	5	1:06	26.5	37:53	2	4:45	14.3
18 (69)	2:20	5	0:31	28.4	40:13	2	5:16	15.1
19 (100)	0:59	3	0:11	22.9	41:12	2	5:07	14.2
□□	0:23	6	0:04	21.1	41:35	2	5:11	14.2