



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Gorecki, Mario

□□: USV Jena

□□□: 41:50

□□□□: 8:22 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 3(of 10)

□□□□□□: 36:24

□□: 5:26

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:10	6	0:27	26.2	2:10	6	0:27	26.2
2 (70)	1:04	4	0:06	10.3	3:14	3	0:09	4.9
3 (52)	1:19	2	0:01	1.3	4:33	2	0:09	3.4
4 (202)	1:49	3	0:06	5.8	6:22	2	0:15	4.1
5 (38)	1:43	6	1:43	-	8:05	2	0:01	0.2
6 (34)	1:10	2	0:03	4.5	9:15	1	-	-
7 (70)	2:14	2	0:05	3.9	11:29	1	-	-
8 (44)	1:35	3	0:05	5.6	13:04	2	0:03	0.4
9 (40)	2:11	4	2:11	-	15:15	2	0:09	1.0
10 (39)	1:06	3	0:06	10.0	16:21	2	0:15	1.6
11 (57)	2:17	6	2:17	-	18:38	1	-	-
12 (70)	4:07	7	1:35	62.5	22:45	1	-	-
13 (54)	2:50	2	0:05	3.0	25:35	1	-	-
14 (67)	1:26	1	-	-	27:01	1	-	-
15 (62)	1:02	1	-	-	28:03	1	-	-
16 (72)	1:01	2	0:10	19.6	29:04	2	0:05	0.3
17 (65)	9:18	10	5:09	124.1	38:22	3	5:14	15.8
18 (69)	1:57	2	0:08	7.3	40:19	3	5:22	15.4
19 (100)	0:59	3	0:11	22.9	41:18	3	5:13	14.5
□□	0:32	9	0:13	68.4	41:50	3	5:26	14.9