



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Hoppe, Mirko

□□□: 42:01

□□: USV Jena

□□□□: 8:24 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 4(of 10)

□□□□□□□: 36:24

□□: 5:37

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	□□	-	-	%	□□	-	-	%
1 (47)	1:43	1	-	-	1:43	1	-	-
2 (70)	2:17	9	1:19	136.2	4:00	8	0:55	29.7
3 (44)	1:33	4	1:33	-	5:33	7	5:33	-
4 (40)	2:30	6	2:30	-	8:03	7	8:03	-
5 (39)	1:03	1	-	-	9:06	6	9:06	-
6 (57)	3:23	6	3:23	-	12:29	6	12:29	-
7 (70)	3:43	6	1:34	72.9	16:12	5	4:43	41.1
8 (52)	1:40	5	1:40	-	17:52	5	17:52	-
9 (202)	2:17	5	0:13	10.5	20:09	6	20:09	-
10 (38)	2:02	6	2:02	-	22:11	5	22:11	-
11 (34)	1:13	1	-	-	23:24	4	23:24	-
12 (70)	2:32	1	-	-	25:56	4	3:11	14.0
13 (54)	3:12	3	0:27	16.4	29:08	4	3:33	13.9
14 (67)	2:12	6	0:46	53.5	31:20	4	4:19	16.0
15 (62)	1:16	4	0:14	22.6	32:36	4	4:33	16.2
16 (72)	1:02	3	0:11	21.6	33:38	4	4:39	16.0
17 (65)	5:07	4	0:58	23.3	38:45	4	5:37	17.0
18 (69)	2:08	4	0:19	17.4	40:53	4	5:56	17.0
19 (100)	0:48	1	-	-	41:41	4	5:36	15.5
□□	0:20	2	0:01	5.3	42:01	4	5:37	15.4