



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Kollenbach, Peter

□□: SC Helsa

□□□: 42:21

□□□□: 8:28 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 5(of 10)

□□□□□□□: 36:24

□□: 5:57

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:02	4	0:19	18.5	2:02	4	0:19	18.5
2 (70)	1:03	3	0:05	8.6	3:05	1	-	-
3 (44)	1:44	7	1:44	-	4:49	3	4:49	-
4 (40)	3:03	9	3:03	-	7:52	6	7:52	-
5 (39)	1:06	3	0:03	4.8	8:58	5	8:58	-
6 (57)	3:29	7	3:29	-	12:27	5	12:27	-
7 (70)	4:00	7	1:51	86.1	16:27	6	4:58	43.3
8 (52)	1:33	2	1:33	-	18:00	6	18:00	-
9 (202)	2:08	3	0:04	3.2	20:08	5	20:08	-
10 (38)	2:06	7	2:06	-	22:14	6	22:14	-
11 (34)	1:25	2	0:12	16.4	23:39	5	23:39	-
12 (70)	2:44	2	0:12	7.9	26:23	5	3:38	16.0
13 (54)	3:29	6	0:44	26.7	29:52	5	4:17	16.7
14 (67)	2:06	5	0:40	46.5	31:58	5	4:57	18.3
15 (62)	1:14	3	0:12	19.4	33:12	5	5:09	18.4
16 (72)	1:11	6	0:20	39.2	34:23	5	5:24	18.6
17 (65)	4:42	2	0:33	13.3	39:05	5	5:57	18.0
18 (69)	2:01	3	0:12	11.0	41:06	5	6:09	17.6
19 (100)	0:52	2	0:04	8.3	41:58	5	5:53	16.3
□□	0:23	6	0:04	21.1	42:21	5	5:57	16.4