



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Bombien, Frank

□□: OLV Weimar

□□□: 51:21

□□□□: 10:16 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 6(of 10)

□□□□□□: 36:24

□□: 14:57

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (47)	2:13	7	0:30	29.1	2:13	7	0:30	29.1
2 (70)	1:07	5	0:09	15.5	3:20	5	0:15	8.1
3 (52)	1:33	4	0:15	19.2	4:53	5	0:29	11.0
4 (202)	2:10	4	0:27	26.2	7:03	4	0:56	15.3
5 (38)	2:04	9	2:04	-	9:07	7	1:03	13.0
6 (34)	1:42	4	0:35	52.2	10:49	4	1:34	16.9
7 (70)	3:16	5	1:07	51.9	14:05	4	2:36	22.6
8 (44)	2:10	9	0:40	44.4	16:15	4	3:14	24.8
9 (40)	3:26	9	3:26	-	19:41	4	4:35	30.4
10 (39)	1:27	4	0:27	45.0	21:08	4	5:02	31.3
11 (57)	3:33	9	3:33	-	24:41	6	6:03	32.5
12 (70)	4:11	9	1:39	65.1	28:52	6	6:07	26.9
13 (54)	4:28	7	1:43	62.4	33:20	6	7:45	30.3
14 (67)	4:17	10	2:51	198.8	37:37	6	10:36	39.2
15 (62)	1:42	7	0:40	64.5	39:19	6	11:16	40.2
16 (72)	2:04	8	1:13	143.1	41:23	6	12:24	42.8
17 (65)	5:50	6	1:41	40.6	47:13	6	14:05	42.5
18 (69)	2:22	7	0:33	30.3	49:35	6	14:38	41.9
19 (100)	1:26	8	0:38	79.2	51:01	6	14:56	41.4
□□	0:20	2	0:01	5.3	51:21	6	14:57	41.1