



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Heinert, Mike

□□: OLV Weimar

□□□: 54:30

□□□□: 10:54 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 7(of 10)

□□□□□□□: 36:24

□□: 18:06

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	□□	-	-	%	□□	-	-	%
1 (47)	1:53	2	0:10	9.7	1:53	2	0:10	9.7
2 (70)	2:30	10	1:32	158.6	4:23	9	1:18	42.2
3 (44)	2:08	9	2:08	-	6:31	9	6:31	-
4 (40)	2:58	8	2:58	-	9:29	9	9:29	-
5 (39)	1:14	4	0:11	17.5	10:43	8	10:43	-
6 (57)	3:51	8	3:51	-	14:34	8	14:34	-
7 (70)	5:15	8	3:06	144.2	19:49	9	8:20	72.6
8 (52)	2:00	8	2:00	-	21:49	9	21:49	-
9 (202)	2:29	7	0:25	20.2	24:18	9	24:18	-
10 (38)	3:53	9	3:53	-	28:11	9	28:11	-
11 (34)	1:39	3	0:26	35.6	29:50	9	29:50	-
12 (70)	3:39	5	1:07	44.1	33:29	8	10:44	47.2
13 (54)	4:32	8	1:47	64.9	38:01	8	12:26	48.6
14 (67)	2:20	7	0:54	62.8	40:21	8	13:20	49.4
15 (62)	1:46	8	0:44	71.0	42:07	8	14:04	50.2
16 (72)	1:06	4	0:15	29.4	43:13	7	14:14	49.1
17 (65)	6:37	8	2:28	59.4	49:50	8	16:42	50.4
18 (69)	2:59	8	1:10	64.2	52:49	7	17:52	51.1
19 (100)	1:14	6	0:26	54.2	54:03	7	17:58	49.8
□□	0:27	8	0:08	42.1	54:30	7	18:06	49.7