



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Lindner, Joachim

□□□: 55:06

□□: USV Jena

□□□□: 11:01 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 8(of 10)

□□□□□□□: 36:24

□□: 18:42

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (47)	2:00	3	0:17	16.5	2:00	3	0:17	16.5
2 (70)	1:15	6	0:17	29.3	3:15	4	0:10	5.4
3 (44)	1:41	6	1:41	-	4:56	6	4:56	-
4 (40)	2:49	7	2:49	-	7:45	5	7:45	-
5 (39)	1:04	2	0:01	1.6	8:49	4	8:49	-
6 (57)	4:11	10	4:11	-	13:00	7	13:00	-
7 (70)	5:16	9	3:07	145.0	18:16	7	6:47	59.1
8 (52)	1:58	7	1:58	-	20:14	7	20:14	-
9 (202)	2:04	1	-	-	22:18	7	22:18	-
10 (38)	4:39	10	4:39	-	26:57	8	26:57	-
11 (34)	2:06	4	0:53	72.6	29:03	7	29:03	-
12 (70)	3:23	4	0:51	33.6	32:26	7	9:41	42.6
13 (54)	3:27	5	0:42	25.5	35:53	7	10:18	40.3
14 (67)	2:04	4	0:38	44.2	37:57	7	10:56	40.5
15 (62)	1:26	6	0:24	38.7	39:23	7	11:20	40.4
16 (72)	4:47	10	3:56	462.8	44:10	8	15:11	52.4
17 (65)	4:58	3	0:49	19.7	49:08	7	16:00	48.3
18 (69)	4:13	10	2:24	132.1	53:21	8	18:24	52.7
19 (100)	1:24	7	0:36	75.0	54:45	8	18:40	51.7
□□	0:21	5	0:02	10.5	55:06	8	18:42	51.4