



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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**Böhringer, Michael**

□□: USV Jena

□□□: 1:02:48

□□□□: 12:33 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 9(of 10)

□□□□□□□: 36:24

□□: 26:24

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	□□	-	-	%	□□	-	-	%
1 (47)	2:23	9	0:40	38.8	2:23	9	0:40	38.8
2 (70)	1:25	7	0:27	46.6	3:48	7	0:43	23.2
3 (52)	1:46	8	0:28	35.9	5:34	8	1:10	26.5
4 (202)	2:29	5	0:46	44.7	8:03	7	1:56	31.6
5 (38)	5:17	10	5:17	-	13:20	9	5:16	65.3
6 (34)	2:02	5	0:55	82.1	15:22	9	6:07	66.1
7 (70)	3:00	4	0:51	39.5	18:22	8	6:53	59.9
8 (44)	2:17	10	0:47	52.2	20:39	8	7:38	58.6
9 (40)	2:59	8	2:59	-	23:38	8	8:32	56.5
10 (39)	1:47	5	0:47	78.3	25:25	7	9:19	57.9
11 (57)	3:48	10	3:48	-	29:13	8	10:35	56.8
12 (70)	6:03	10	3:31	138.8	35:16	9	12:31	55.0
13 (54)	4:54	9	2:09	78.2	40:10	9	14:35	57.0
14 (67)	3:53	9	2:27	170.9	44:03	9	17:02	63.1
15 (62)	2:02	9	1:00	96.8	46:05	9	18:02	64.3
16 (72)	1:28	7	0:37	72.6	47:33	9	18:34	64.1
17 (65)	6:24	7	2:15	54.2	53:57	9	20:49	62.8
18 (69)	2:20	5	0:31	28.4	56:17	9	21:20	61.0
19 (100)	6:11	10	5:23	672.9	1:02:28	9	26:23	73.1
□□	0:20	2	0:01	5.3	1:02:48	9	26:24	72.5