



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Kirchner, Jörg

□□: SV Schmalkalden 04

□□□: 1:05:55

□□□□: 13:11 min/km

□□: 5.00 km / 19 □□

□□□□:

Herren ab 45

□□□□□: 10(of 10)

□□□□□□□: 36:24

□□: 29:31

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	□□	-	-	%	□□	-	-	%
1 (47)	3:21	10	1:38	95.2	3:21	10	1:38	95.2
2 (70)	1:40	8	0:42	72.4	5:01	10	1:56	62.7
3 (44)	4:04	10	4:04	-	9:05	10	9:05	-
4 (40)	4:37	10	4:37	-	13:42	10	13:42	-
5 (39)	1:38	5	0:35	55.6	15:20	10	15:20	-
6 (57)	4:02	9	4:02	-	19:22	10	19:22	-
7 (70)	5:59	10	3:50	178.3	25:21	10	13:52	120.8
8 (52)	1:50	6	1:50	-	27:11	10	27:11	-
9 (202)	2:21	6	0:17	13.7	29:32	10	29:32	-
10 (38)	2:24	8	2:24	-	31:56	10	31:56	-
11 (34)	2:15	5	1:02	84.9	34:11	10	34:11	-
12 (70)	3:20	3	0:48	31.6	37:31	10	14:46	64.9
13 (54)	8:47	10	6:02	219.4	46:18	10	20:43	81.0
14 (67)	2:37	8	1:11	82.6	48:55	10	21:54	81.1
15 (62)	2:04	10	1:02	100.0	50:59	10	22:56	81.8
16 (72)	2:55	9	2:04	243.1	53:54	10	24:55	86.0
17 (65)	6:54	9	2:45	66.3	1:00:48	10	27:40	83.5
18 (69)	3:03	9	1:14	67.9	1:03:51	10	28:54	82.7
19 (100)	1:31	9	0:43	89.6	1:05:22	10	29:17	81.2
□□	0:33	10	0:14	73.7	1:05:55	10	29:31	81.1