



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Ritter, Siegfried

□□: SV TU Ilmenau

□□□: 29:02

□□□□: 8:47 min/km

□□: 3.30 km / 12 □□

□□□□:

Herren ab 55

□□□□□: 1(of 7)

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1 (201)	1:57	4	0:15	14.7	1:57	4	0:15	14.7
2 (38)	2:59	5	2:59	-	4:56	5	4:56	-
3 (42)	2:10	3	0:25	23.8	7:06	4	7:06	-
4 (52)	2:49	5	2:49	-	9:55	4	9:55	-
5 (47)	2:53	1	-	-	12:48	3	12:48	-
6 (201)	2:11	2	0:08	6.5	14:59	3	2:15	17.7
7 (46)	1:10	1	-	-	16:09	2	16:09	-
8 (39)	2:18	5	2:18	-	18:27	2	18:27	-
9 (40)	3:31	5	1:07	46.5	21:58	3	21:58	-
10 (44)	2:36	1	-	-	24:34	1	-	-
11 (201)	2:34	5	2:34	-	27:08	2	27:08	-
12 (100)	1:29	2	0:06	7.2	28:37	1	-	-
□□	0:25	4	0:05	25.0	29:02	1	-	-