



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Schumann, Matthias

□□□: 29:38

□□: OLV Weimar

□□□□: 8:58 min/km

□□: 3.30 km / 12 □□

□□□□:

Herren ab 55

□□□□□: 2(of 7)

□□□□□□: 29:02

□□: 0:36

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	□□	-	-	%	□□	-	-	%
1 (201)	2:00	6	0:18	17.7	2:00	6	0:18	17.7
2 (46)	1:08	2	0:02	3.0	3:08	2	0:20	11.9
3 (39)	2:36	4	2:36	-	5:44	2	0:08	2.4
4 (40)	0:56	1	-	-	6:40	2	0:08	2.0
5 (44)	3:09	4	3:09	-	9:49	2	0:19	3.3
6 (201)	3:41	5	1:38	79.7	13:30	2	0:46	6.0
7 (38)	3:42	6	3:42	-	17:12	4	1:16	8.0
8 (42)	1:40	2	1:40	-	18:52	3	0:39	3.6
9 (52)	2:42	2	2:42	-	21:34	1	-	-
10 (47)	3:54	5	3:54	-	25:28	2	25:28	-
11 (201)	2:17	2	2:17	-	27:45	4	27:45	-
12 (100)	1:33	3	0:10	12.1	29:18	3	0:41	2.4
□□	0:20	1	-	-	29:38	2	0:36	2.1