



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

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Gerlach, Karl-Eberhard

□□□: 30:04

□□: USV Jena

□□□□: 9:06 min/km

□□: 3.30 km / 12 □□

□□□□:

Herren ab 55

□□□□□: 3(of 7)

□□□□□□□: 29:02

□□: 1:02

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|----------|------|----|------|------|-------|----|-------|-----|
| | □□ | - | - | % | □□ | - | - | % |
| 1 (201) | 1:42 | 1 | - | - | 1:42 | 1 | - | - |
| 2 (46) | 1:06 | 1 | - | - | 2:48 | 1 | - | - |
| 3 (39) | 2:48 | 5 | 2:48 | - | 5:36 | 1 | - | - |
| 4 (40) | 0:56 | 1 | - | - | 6:32 | 1 | - | - |
| 5 (44) | 2:58 | 2 | 2:58 | - | 9:30 | 1 | - | - |
| 6 (201) | 3:14 | 4 | 1:11 | 57.7 | 12:44 | 1 | - | - |
| 7 (38) | 3:12 | 5 | 3:12 | - | 15:56 | 1 | - | - |
| 8 (42) | 2:17 | 4 | 2:17 | - | 18:13 | 1 | - | - |
| 9 (52) | 3:24 | 3 | 3:24 | - | 21:37 | 2 | 0:03 | 0.2 |
| 10 (47) | 4:06 | 6 | 4:06 | - | 25:43 | 3 | 25:43 | - |
| 11 (201) | 2:18 | 3 | 2:18 | - | 28:01 | 5 | 28:01 | - |
| 12 (100) | 1:40 | 4 | 0:17 | 20.5 | 29:41 | 4 | 1:04 | 3.7 |
| □□ | 0:23 | 3 | 0:03 | 15.0 | 30:04 | 3 | 1:02 | 3.6 |