



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

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Mieth, Matias

□□: USV Jena

□□□: 32:18

□□□□: 9:47 min/km

□□: 3.30 km / 12 □□

□□□□:

Herren ab 55

□□□□□: 4(of 7)

□□□□□□□: 29:02

□□: 3:16

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	□□	-	-	%	□□	-	-	%
1 (201)	1:47	2	0:05	4.9	1:47	2	0:05	4.9
2 (38)	2:35	4	2:35	-	4:22	4	4:22	-
3 (42)	1:45	1	-	-	6:07	3	6:07	-
4 (52)	2:37	3	2:37	-	8:44	3	8:44	-
5 (47)	7:52	6	4:59	172.8	16:36	6	16:36	-
6 (201)	2:03	1	-	-	18:39	6	5:55	46.5
7 (46)	2:07	3	0:57	81.4	20:46	6	20:46	-
8 (39)	2:13	3	2:13	-	22:59	6	22:59	-
9 (40)	2:24	1	-	-	25:23	6	25:23	-
10 (44)	2:50	4	0:14	9.0	28:13	6	3:39	14.9
11 (201)	2:22	4	2:22	-	30:35	6	30:35	-
12 (100)	1:23	1	-	-	31:58	5	3:21	11.7
□□	0:20	1	-	-	32:18	4	3:16	11.3