



Thüringer Ranglistenlauf Langstrecke
Erfurt / 21.10.2018

□□□□

Göhring, Klaus

□□: OLV Weimar

□□□: 34:19

□□□□: 10:23 min/km

□□: 3.30 km / 14 □□

□□□□:

Herren ab 55

□□□□□: 5(of 7)

□□□□□□□: 29:02

□□: 5:17

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (201)	1:59	5	0:17	16.7	1:59	5	0:17	16.7
2 (38)	3:16	7	3:16	-	5:15	7	5:15	-
3 (42)	3:03	6	1:18	74.3	8:18	7	8:18	-
4 (52)	3:20	6	3:20	-	11:38	6	11:38	-
5 (47)	4:01	5	1:08	39.3	15:39	5	15:39	-
6 (47)	-	0	-	-	15:39	5	15:39	-
7 (201)	2:58	4	2:58	-	18:37	5	18:37	-
8 (46)	1:12	1	-	-	19:49	5	19:49	-
9 (39)	3:29	4	3:29	-	23:18	4	23:18	-
10 (40)	2:41	3	2:41	-	25:59	5	25:59	-
11 (40)	-	0	-	-	25:59	1	-	-
12 (44)	3:13	5	3:13	-	29:12	2	29:12	-
13 (201)	3:03	1	-	-	32:15	1	-	-
14 (100)	1:39	1	-	-	33:54	1	-	-
□□	0:25	4	0:05	25.0	34:19	5	5:17	18.2