



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Kretzschmar, Frank

□□□: 58:34

□□: OLV Weimar

□□□□: 17:44 min/km

□□: 3.30 km / 12 □□

□□□□:

Herren ab 55

□□□□□: 6(of 7)

□□□□□□: 29:02

□□: 29:32

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (201)	2:29	7	0:47	46.1	2:29	7	0:47	46.1
2 (46)	1:40	3	0:34	51.5	4:09	3	1:21	48.2
3 (39)	4:05	7	4:05	-	8:14	6	2:38	47.0
4 (40)	4:02	7	3:06	332.1	12:16	7	5:44	87.8
5 (44)	8:21	7	8:21	-	20:37	7	11:07	117.0
6 (201)	4:29	6	2:26	118.7	25:06	7	12:22	97.1
7 (38)	4:30	7	4:30	-	29:36	7	13:40	85.8
8 (42)	3:35	7	3:35	-	33:11	7	14:58	82.2
9 (52)	5:38	7	5:38	-	38:49	7	17:15	80.0
10 (47)	11:04	7	11:04	-	49:53	7	49:53	-
11 (201)	4:04	6	4:04	-	53:57	7	53:57	-
12 (100)	3:58	6	2:35	186.8	57:55	6	29:18	102.4
□□	0:39	6	0:19	95.0	58:34	6	29:32	101.7