



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Zobirei, Ralf

□□: SWV Goldlauter

□□□: 25:51

□□□□: 10:46 min/km

□□: 2.40 km / 11 □□

□□□□:

Herren ab 65

□□□□□: 1(of 3)

□□□□□□□: 25:51

□□: -

□□□□

□□	□□	□□	□□	□□	□□□	□□	□□	□□
	□□	-	-	%	□□	-	-	%
1 (35)	1:43	2	0:03	3.0	1:43	2	0:03	3.0
2 (37)	1:46	2	0:10	10.4	3:29	2	0:13	6.6
3 (47)	2:08	1	-	-	5:37	1	-	-
4 (35)	2:20	2	0:19	15.7	7:57	2	0:13	2.8
5 (35)	-	0	-	-	7:57	1	-	-
6 (34)	2:43	3	2:43	-	10:40	1	-	-
7 (44)	2:42	3	2:42	-	13:22	1	-	-
8 (70)	1:44	1	-	-	15:06	1	-	-
9 (33)	7:36	2	3:15	74.7	22:42	1	-	-
10 (59)	1:12	3	0:25	53.2	23:54	1	-	-
11 (100)	1:32	2	0:03	3.4	25:26	1	-	-
□□	0:25	1	-	-	25:51	1	-	-