



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Lange, Hans

□□: OLV Weimar

□□□: 29:35

□□□□: 12:19 min/km

□□: 2.40 km / 11 □□

□□□□:

Herren ab 65

□□□□□: 3(of 3)

□□□□□□: 25:51

□□: 3:44

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	1:57	3	0:17	17.0	1:57	3	0:17	17.0
2 (34)	3:14	3	3:14	-	5:11	3	5:11	-
3 (44)	3:11	3	3:11	-	8:22	3	8:22	-
4 (70)	2:50	3	2:50	-	11:12	3	11:12	-
5 (35)	3:31	2	3:31	-	14:43	3	6:46	85.1
6 (37)	2:02	1	-	-	16:45	3	16:45	-
7 (47)	2:37	2	2:37	-	19:22	3	19:22	-
8 (35)	2:36	2	2:36	-	21:58	3	21:58	-
9 (33)	4:21	1	-	-	26:19	3	3:37	15.9
10 (59)	1:04	2	0:17	36.2	27:23	3	3:29	14.6
11 (100)	1:45	3	0:16	18.0	29:08	3	3:42	14.6
□□	0:27	3	0:02	8.0	29:35	3	3:44	14.4