



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

□□□□

Senzhou, Senzhou

□□: Verein 90001

□□□: 1:05:49

□□□□: 17:47 min/km

□□: 3.70 km / 11 □□

□□□□:
offen lang

□□□□□: 2(of 2)

□□□□□□: 47:20

□□: 18:29

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (66)	3:47	2	0:19	9.1	3:47	2	0:19	9.1
2 (55)	4:33	2	4:33	-	8:20	2	8:20	-
3 (202)	12:42	2	12:42	-	21:02	2	21:02	-
4 (70)	5:45	2	5:45	-	26:47	2	26:47	-
5 (66)	3:54	1	-	-	30:41	2	3:53	14.5
6 (47)	5:54	2	5:54	-	36:35	2	36:35	-
7 (72)	6:57	2	6:57	-	43:32	2	43:32	-
8 (67)	4:42	1	-	-	48:14	2	48:14	-
9 (66)	9:26	2	6:28	218.0	57:40	2	14:38	34.0
10 (69)	5:27	2	3:01	124.0	1:03:07	2	17:39	38.8
11 (100)	2:09	2	0:40	44.9	1:05:16	2	18:19	39.0
□□	0:33	2	0:10	43.5	1:05:49	2	18:29	39.1