



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

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Köcher, Jonathan

□□: USV Jena

□□□: 41:36

□□□□: 18:05 min/km

□□: 2.30 km / 12 □□

□□□□:

H-12

□□□□□: 1(of 2)

□□□□□□: 41:36

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	□□	-	-	%	□□	-	-	%
1 (63)	1:56	2	0:01	0.9	1:56	2	0:01	0.9
2 (207)	3:24	1	-	-	5:20	1	-	-
3 (76)	1:14	1	-	-	6:34	1	-	-
4 (63)	2:40	2	2:40	-	9:14	1	-	-
5 (205)	2:13	1	-	-	11:27	1	-	-
6 (204)	2:48	1	-	-	14:15	1	-	-
7 (203)	0:59	1	-	-	15:14	1	-	-
8 (64)	5:04	2	5:04	-	20:18	1	-	-
9 (37)	2:22	2	2:22	-	22:40	1	-	-
10 (63)	2:26	1	-	-	25:06	1	-	-
11 (36)	13:41	2	10:54	391.6	38:47	2	0:02	0.1
12 (100)	2:29	1	-	-	41:16	2	0:02	0.1
□□	0:20	1	-	-	41:36	1	-	-