



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Lichter, Dorit

□□: USV Jena

□□□: 58:52

□□□□: 16:49 min/km

□□: 3.50 km / 10 □□

□□□□:

D45

□□□□□: 5(of 9)

□□□□□□□: 47:05

□□: 11:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (80)	7:20	6	3:19	82.6	7:20	6	3:19	82.6
2 (87)	5:40	2	0:50	17.2	13:00	6	2:49	27.7
3 (96)	13:23	5	2:35	23.9	26:23	4	4:26	20.2
4 (93)	8:25	9	3:14	62.4	34:48	4	5:24	18.4
5 (94)	2:55	3	0:25	16.7	37:43	4	5:44	17.9
6 (84)	10:40	7	5:31	107.1	48:23	6	11:15	30.3
7 (97)	1:28	6	0:24	37.5	49:51	6	9:31	23.6
8 (73)	4:23	8	1:57	80.1	54:14	5	11:20	26.4
9 (78)	2:19	4	0:19	15.8	56:33	5	11:39	26.0
10 (100)	1:53	5	0:22	24.2	58:26	5	11:46	25.2
□□	0:26	6	0:06	30.0	58:52	5	11:47	25.0