



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Heinert, Nils

□□: OLV Weimar

□□□: 37:57

□□□□: 15:10 min/km

□□: 2.50 km / 11 □□

□□□□:

H14

□□□□□: 2(of 3)

□□□□□□: 26:04

□□: 11:53

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (82)	2:19	2	0:17	13.9	2:19	2	0:17	13.9
2 (83)	2:50	3	0:48	39.3	5:09	3	0:30	10.8
3 (81)	2:37	2	0:48	44.0	7:46	2	1:18	20.1
4 (97)	2:15	2	0:34	33.7	10:01	2	1:52	22.9
5 (84)	0:53	2	0:13	32.5	10:54	2	1:46	19.3
6 (94)	7:05	2	2:44	62.8	17:59	2	4:30	33.4
7 (71)	4:34	2	2:28	117.5	22:33	2	6:58	44.7
8 (92)	5:20	3	3:06	138.8	27:53	2	10:04	56.5
9 (77)	4:40	2	0:19	7.3	32:33	2	10:23	46.8
10 (78)	2:08	2	0:18	16.4	34:41	2	10:41	44.5
11 (100)	3:02	3	1:21	80.2	37:43	2	12:02	46.9
□□	0:14	1	-	-	37:57	2	11:53	45.6