



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Pöhlmann, Nico

□□: USV Jena

□□□: 56:27

□□□□: 9:06 min/km

□□: 6.20 km / 10 □□

□□□□:

H16

□□□□□: 1(of 3)

□□□□□□□: 56:27

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	□□	-	-	%	□□	-	-	%
1 (95)	4:29	1	-	-	4:29	1	-	-
2 (87)	7:31	3	1:03	16.2	12:00	3	1:00	9.1
3 (88)	8:19	3	1:22	19.7	20:19	3	2:22	13.2
4 (91)	4:12	3	1:01	31.9	24:31	3	3:17	15.5
5 (90)	2:39	3	0:34	27.2	27:10	3	3:38	15.4
6 (72)	16:01	2	0:12	1.3	43:11	3	2:36	6.4
7 (92)	2:24	1	-	-	45:35	1	-	-
8 (94)	3:42	1	-	-	49:17	1	-	-
9 (81)	3:14	1	-	-	52:31	1	-	-
10 (100)	3:41	2	0:02	0.9	56:12	1	-	-
□□	0:15	1	-	-	56:27	1	-	-