



TRL Lang Wölmisse Jena

Jena / 18.08.2018

□□□□

Geiler, Till

□□: USV Jena

□□□: 1:06:50

□□□□: 9:16 min/km

□□: 7.20 km / 15 □□

□□□□:

H19

□□□□□: 3(of 5)

□□□□□□□: 46:40

□□: 20:10

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (84)	4:18	3	0:51	24.6	4:18	3	0:51	24.6
2 (87)	6:44	5	3:41	120.8	11:02	5	4:32	69.7
3 (83)	2:11	3	0:16	13.9	13:13	4	4:48	57.0
4 (81)	1:02	3	0:08	14.8	14:15	4	4:56	53.0
5 (90)	10:46	3	3:15	43.2	25:01	4	7:30	42.8
6 (91)	2:08	4	0:31	32.0	27:09	4	8:01	41.9
7 (88)	2:55	2	0:33	23.2	30:04	3	8:21	38.5
8 (96)	8:17	3	0:59	13.5	38:21	3	8:35	28.8
9 (93)	4:05	3	1:04	35.4	42:26	3	9:28	28.7
10 (92)	2:59	4	0:37	26.1	45:25	3	9:54	27.9
11 (72)	6:42	4	4:39	226.8	52:07	3	14:33	38.7
12 (94)	3:18	3	0:47	31.1	55:25	3	15:03	37.3
13 (95)	6:37	4	4:08	166.4	1:02:02	3	18:49	43.5
14 (78)	3:23	3	1:13	56.2	1:05:25	3	20:02	44.1
15 (100)	1:08	4	0:11	19.3	1:06:33	3	20:10	43.5
□□	0:17	2	0:01	6.3	1:06:50	3	20:10	43.2