



# TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Hoppe, Mirko

□□: USV Jena

□□□: 56:03

□□□□: 9:02 min/km

□□: 6.20 km / 10 □□

□□□□:

H45

□□□□□: 2(of 10)

□□□□□□: 47:54

□□: 8:09

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	4:55	3	0:45	18.0	4:55	3	0:45	18.0
2 (87)	4:17	2	0:47	22.4	9:12	2	1:32	20.0
3 (88)	7:00	2	0:25	6.3	16:12	2	1:57	13.7
4 (91)	3:22	2	0:30	17.4	19:34	2	2:27	14.3
5 (90)	3:14	7	1:24	76.4	22:48	2	3:51	20.3
6 (72)	16:51	2	1:25	9.2	39:39	2	5:16	15.3
7 (92)	2:46	2	0:10	6.4	42:25	2	5:26	14.7
8 (94)	4:48	2	1:02	27.4	47:13	2	6:28	15.9
9 (81)	4:34	3	1:08	33.0	51:47	2	7:36	17.2
10 (100)	3:59	2	0:36	17.7	55:46	2	8:12	17.2
□□	0:17	1	-	-	56:03	2	8:09	17.0