



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Heinert, Uwe

□□: OLV Weimar

□□□: 1:03:28

□□□□: 10:14 min/km

□□: 6.20 km / 10 □□

□□□□:

H45

□□□□□: 3(of 10)

□□□□□□: 47:54

□□: 15:34

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	4:30	2	0:20	8.0	4:30	2	0:20	8.0
2 (87)	5:53	4	2:23	68.1	10:23	3	2:43	35.4
3 (88)	9:30	6	2:55	44.3	19:53	3	5:38	39.5
4 (91)	4:13	4	1:21	47.1	24:06	3	6:59	40.8
5 (90)	2:40	4	0:50	45.5	26:46	3	7:49	41.3
6 (72)	18:33	3	3:07	20.2	45:19	3	10:56	31.8
7 (92)	2:53	3	0:17	10.9	48:12	3	11:13	30.3
8 (94)	4:56	3	1:10	31.0	53:08	3	12:23	30.4
9 (81)	5:40	8	2:14	65.1	58:48	3	14:37	33.1
10 (100)	4:16	4	0:53	26.1	1:03:04	3	15:30	32.6
□□	0:24	9	0:07	41.2	1:03:28	3	15:34	32.5