



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Lindner, Joachim

□□: USV Jena

□□□: 1:06:34

□□□□: 10:44 min/km

□□: 6.20 km / 10 □□

□□□□:

H45

□□□□□: 4(of 10)

□□□□□□□: 47:54

□□: 18:40

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	5:52	7	1:42	40.8	5:52	7	1:42	40.8
2 (87)	8:03	8	4:33	130.0	13:55	6	6:15	81.5
3 (88)	9:17	5	2:42	41.0	23:12	6	8:57	62.8
4 (91)	4:37	6	1:45	61.1	27:49	6	10:42	62.5
5 (90)	2:39	2	0:49	44.6	30:28	6	11:31	60.8
6 (72)	18:37	4	3:11	20.6	49:05	4	14:42	42.8
7 (92)	2:57	4	0:21	13.5	52:02	4	15:03	40.7
8 (94)	5:31	5	1:45	46.5	57:33	4	16:48	41.2
9 (81)	4:31	2	1:05	31.6	1:02:04	4	17:53	40.5
10 (100)	4:08	3	0:45	22.2	1:06:12	4	18:38	39.2
□□	0:22	6	0:05	29.4	1:06:34	4	18:40	39.0