



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Heinert, Mike

□□: OLV Weimar

□□□: 1:12:20

□□□□: 11:39 min/km

□□: 6.20 km / 10 □□

□□□□:

H45

□□□□□: 6(of 10)

□□□□□□: 47:54

□□: 24:26

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	4:58	4	0:48	19.2	4:58	4	0:48	19.2
2 (87)	5:49	3	2:19	66.2	10:47	4	3:07	40.7
3 (88)	10:13	7	3:38	55.2	21:00	4	6:45	47.4
4 (91)	4:26	5	1:34	54.7	25:26	4	8:19	48.6
5 (90)	2:50	5	1:00	54.6	28:16	4	9:19	49.2
6 (72)	23:24	6	7:58	51.6	51:40	6	17:17	50.3
7 (92)	2:57	4	0:21	13.5	54:37	6	17:38	47.7
8 (94)	6:00	7	2:14	59.3	1:00:37	6	19:52	48.8
9 (81)	5:33	7	2:07	61.7	1:06:10	6	21:59	49.8
10 (100)	5:46	8	2:23	70.4	1:11:56	6	24:22	51.2
□□	0:24	9	0:07	41.2	1:12:20	6	24:26	51.0