



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Jakobs, Stefan

□□: USV Jena

□□□: 1:26:16

□□□□: 13:54 min/km

□□: 6.20 km / 10 □□

□□□□:

H45

□□□□□: 8(of 10)

□□□□□□: 47:54

□□: 38:22

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (95)	8:01	8	3:51	92.4	8:01	8	3:51	92.4
2 (87)	6:16	5	2:46	79.1	14:17	7	6:37	86.3
3 (88)	12:26	8	5:51	88.9	26:43	7	12:28	87.5
4 (91)	5:50	9	2:58	103.5	32:33	8	15:26	90.2
5 (90)	7:42	9	5:52	320.0	40:15	9	21:18	112.4
6 (72)	24:03	7	8:37	55.8	1:04:18	8	29:55	87.0
7 (92)	2:57	4	0:21	13.5	1:07:15	8	30:16	81.8
8 (94)	7:07	9	3:21	88.9	1:14:22	8	33:37	82.5
9 (81)	6:45	9	3:19	96.6	1:21:07	8	36:56	83.6
10 (100)	4:47	6	1:24	41.4	1:25:54	8	38:20	80.6
□□	0:22	6	0:05	29.4	1:26:16	8	38:22	80.1