



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Karasek, Ralf

□□: SV Schmalkalden 04

□□□: 39:31

□□□□: 15:48 min/km

□□: 2.50 km / 11 □□

□□□□:

DIRM

□□□□□: 2(of 5)

□□□□□□□: 34:09

□□: 5:22

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	□□	-	-	%	□□	-	-	%
1 (82)	2:17	1	-	-	2:17	1	-	-
2 (83)	3:17	4	0:48	32.2	5:34	1	-	-
3 (81)	1:52	1	-	-	7:26	1	-	-
4 (97)	4:26	3	2:23	116.3	11:52	3	1:28	14.1
5 (84)	1:01	2	0:05	8.9	12:53	2	1:33	13.7
6 (94)	8:42	4	2:54	50.0	21:35	2	3:11	17.3
7 (71)	5:30	4	2:59	118.5	27:05	2	6:10	29.5
8 (92)	2:42	1	-	-	29:47	2	5:02	20.3
9 (77)	5:21	3	0:30	10.3	35:08	2	5:13	17.4
10 (78)	1:57	2	0:01	0.9	37:05	2	5:10	16.2
11 (100)	1:56	2	0:02	1.8	39:01	2	5:12	15.4
□□	0:30	4	0:10	50.0	39:31	2	5:22	15.7