



TRL Lang Wölmisse Jena

Jena / 18.08.2018

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Nitzsche, Ulrike

□□: USV Jena

□□□: 51:17

□□□□: 20:30 min/km

□□: 2.50 km / 11 □□

□□□□:

DIRM

□□□□□: 4(of 5)

□□□□□□□: 34:09

□□: 17:08

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1 (82)	3:31	4	1:14	54.0	3:31	4	1:14	54.0
2 (83)	3:09	3	0:40	26.9	6:40	4	1:06	19.8
3 (81)	2:20	4	0:28	25.0	9:00	4	1:34	21.1
4 (97)	2:45	2	0:42	34.2	11:45	2	1:21	13.0
5 (84)	3:22	5	2:26	260.7	15:07	3	3:47	33.4
6 (94)	7:16	3	1:28	25.3	22:23	3	3:59	21.7
7 (71)	11:43	5	9:12	365.6	34:06	4	13:11	63.0
8 (92)	5:50	4	3:08	116.1	39:56	4	15:11	61.4
9 (77)	6:20	5	1:29	30.6	46:16	4	16:21	54.7
10 (78)	2:16	5	0:20	17.2	48:32	4	16:37	52.1
11 (100)	2:14	4	0:20	17.5	50:46	4	16:57	50.1
□□	0:31	5	0:11	55.0	51:17	4	17:08	50.2