



Weimarer Fröhjahrs-OL, TRL/LM Mittel-OL

Weimar / 24.03.2018

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Lösch, Steffen

□□: USV Jena

□□□: 29:08

□□□□: 7:40 min/km

□□: 3.80 km / 14 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 2(of 12)

□□□□□□: 28:18

□□: 0:50

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	2:54	2	0:22	14.5	2:54	2	0:22	14.5
2 (56)	2:21	6	0:28	24.8	5:15	2	0:38	13.7
3 (57)	1:42	3	0:23	29.1	6:57	3	0:24	6.1
4 (41)	1:20	5	0:24	42.9	8:17	3	0:48	10.7
5 (42)	0:27	4	0:08	42.1	8:44	3	0:53	11.3
6 (58)	2:56	2	0:18	11.4	11:40	3	1:11	11.3
7 (39)	1:59	3	0:17	16.7	13:39	3	1:28	12.0
8 (60)	1:58	3	0:13	12.4	15:37	3	1:41	12.1
9 (37)	1:19	3	0:05	6.8	16:56	3	1:40	10.9
10 (36)	1:32	1	-	-	18:28	3	1:31	9.0
11 (61)	3:22	4	0:20	11.0	21:50	3	1:50	9.2
12 (50)	3:38	1	-	-	25:28	3	1:20	5.5
13 (64)	1:54	1	-	-	27:22	3	1:16	4.9
14 (100)	1:22	1	-	-	28:44	2	0:57	3.4
□□	0:24	1	-	-	29:08	2	0:50	2.9