



Weimarer Frühjahrs-OL, TRL/LM Mittel-OL

Weimar / 24.03.2018

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Riese, Christoph

□□: SV Handwerk Erfurt

□□□: 29:16

□□□□: 7:42 min/km

□□: 3.80 km / 14 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 3(of 12)

□□□□□□: 28:18

□□: 0:58

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	□□	-	-	%	□□	-	-	%
1 (54)	3:23	6	0:51	33.6	3:23	6	0:51	33.6
2 (56)	1:53	1	-	-	5:16	3	0:39	14.1
3 (57)	1:19	1	-	-	6:35	2	0:02	0.5
4 (41)	1:16	2	0:20	35.7	7:51	2	0:22	4.9
5 (42)	0:19	1	-	-	8:10	2	0:19	4.0
6 (58)	3:29	4	0:51	32.3	11:39	2	1:10	11.1
7 (39)	1:47	2	0:05	4.9	13:26	2	1:15	10.3
8 (60)	1:51	2	0:06	5.7	15:17	2	1:21	9.7
9 (37)	1:14	1	-	-	16:31	2	1:15	8.2
10 (36)	1:35	2	0:03	3.3	18:06	2	1:09	6.8
11 (61)	3:02	1	-	-	21:08	2	1:08	5.7
12 (50)	3:53	2	0:15	6.9	25:01	2	0:53	3.7
13 (64)	2:08	3	0:14	12.3	27:09	2	1:03	4.0
14 (100)	1:40	2	0:18	22.0	28:49	3	1:02	3.7
□□	0:27	2	0:03	12.5	29:16	3	0:58	3.4