



# Weimarer Fröhjahrs-OL, TRL/LM Mittel-OL

Weimar / 24.03.2018

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**Pöhlmann, Lutz**

□□: USV Jena

□□□: 53:15

□□□□: 14:00 min/km

□□: 3.80 km / 14 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 12(of 12)

□□□□□□: 28:18

□□: 24:57

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (54)	4:48	11	2:16	89.5	4:48	11	2:16	89.5
2 (56)	5:44	11	3:51	204.4	10:32	11	5:55	128.2
3 (57)	6:32	12	5:13	396.2	17:04	12	10:31	160.6
4 (41)	1:40	9	0:44	78.6	18:44	12	11:15	150.3
5 (42)	0:28	5	0:09	47.4	19:12	12	11:21	144.6
6 (58)	5:30	11	2:52	108.9	24:42	11	14:13	135.6
7 (39)	2:29	9	0:47	46.1	27:11	11	15:00	123.1
8 (60)	3:11	9	1:26	81.9	30:22	11	16:26	117.9
9 (37)	2:58	12	1:44	140.5	33:20	11	18:04	118.3
10 (36)	2:20	8	0:48	52.2	35:40	11	18:43	110.4
11 (61)	5:03	12	2:01	66.5	40:43	12	20:43	103.6
12 (50)	5:33	10	1:55	52.8	46:16	12	22:08	91.7
13 (64)	3:56	12	2:02	107.0	50:12	12	24:06	92.3
14 (100)	2:26	11	1:04	78.1	52:38	12	24:51	89.4
□□	0:37	8	0:13	54.2	53:15	12	24:57	88.2