



□□□□

Lindner, Joachim

□□: USV Jena

□□□: 1:12:25

□□□□: 10:38 min/km

□□: 6.80 km / 21 □□

□□□□:

H45 (Herren ab 45)

□□□□□: 5(of 12)

□□□□□□: 57:38

□□: 14:47

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (51)	2:19	4	0:18	14.9	2:19	4	0:18	14.9
2 (50)	1:30	5	0:20	28.6	3:49	4	0:38	19.9
3 (61)	2:27	7	0:53	56.4	6:16	5	1:31	31.9
4 (62)	2:55	3	0:26	17.5	9:11	5	1:08	14.1
5 (76)	11:56	6	3:34	42.6	21:07	5	4:28	26.8
6 (75)	0:57	2	0:08	16.3	22:04	5	4:36	26.3
7 (74)	2:27	3	0:27	22.5	24:31	5	4:44	23.9
8 (73)	4:19	5	1:28	51.5	28:50	4	6:06	26.8
9 (72)	5:27	4	0:57	21.1	34:17	4	7:03	25.9
10 (71)	1:47	3	0:22	25.9	36:04	5	6:19	21.2
11 (78)	2:48	7	1:03	60.0	38:52	5	7:19	23.2
12 (79)	2:31	5	0:38	33.6	41:23	5	7:24	21.8
13 (70)	2:31	6	0:28	22.8	43:54	5	7:52	21.8
14 (66)	3:39	10	1:53	106.6	47:33	5	9:45	25.8
15 (67)	8:48	6	3:16	59.0	56:21	5	12:30	28.5
16 (68)	0:40	1	-	-	57:01	5	12:27	27.9
17 (58)	3:21	3	0:29	16.9	1:00:22	5	12:54	27.2
18 (56)	2:21	4	0:29	25.9	1:02:43	5	13:23	27.1
19 (53)	3:47	7	1:46	87.6	1:06:30	5	14:25	27.7
20 (46)	3:53	4	0:23	11.0	1:10:23	5	14:39	26.3
21 (99)	1:49	2	0:05	4.8	1:12:12	5	14:44	25.6
□□	0:13	7	0:03	30.0	1:12:25	5	14:47	25.7