



□□□□

Laske, Dietmar

□□: SV TU Ilmenau

□□□: 1:01:27

□□□□: 10:14 min/km

□□: 6.00 km / 18 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 2(of 12)

□□□□□□: 59:18

□□: 2:09

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (41)	2:51	11	1:32	116.5	2:51	11	1:32	116.5
2 (48)	1:56	2	0:01	0.9	4:47	9	1:23	40.7
3 (61)	3:28	6	0:40	23.8	8:15	7	2:03	33.1
4 (62)	2:44	3	0:19	13.1	10:59	5	1:32	16.2
5 (65)	4:24	2	0:14	5.6	15:23	4	1:46	13.0
6 (80)	2:05	6	0:21	20.2	17:28	4	2:07	13.8
7 (76)	3:51	1	-	-	21:19	2	2:05	10.8
8 (75)	1:03	3	0:10	18.9	22:22	2	2:02	10.0
9 (77)	3:51	3	0:09	4.1	26:13	2	1:57	8.0
10 (78)	1:24	4	0:12	16.7	27:37	2	2:00	7.8
11 (72)	5:47	5	1:09	24.8	33:24	2	3:09	10.4
12 (67)	12:16	7	2:07	20.9	45:40	2	4:07	9.9
13 (68)	1:47	11	1:05	154.8	47:27	3	5:06	12.0
14 (58)	3:12	1	-	-	50:39	3	5:01	11.0
15 (53)	3:25	1	-	-	54:04	2	2:52	5.6
16 (44)	3:07	4	0:25	15.4	57:11	2	3:17	6.1
17 (47)	2:24	1	-	-	59:35	2	2:17	4.0
18 (99)	1:39	3	0:09	10.0	1:01:14	2	2:08	3.6
□□	0:13	3	0:01	8.3	1:01:27	2	2:09	3.6