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Tröße, Harald

□□: SV TU Ilmenau

□□□: 1:05:40

□□□□: 16:00 min/km

□□: 4.10 km / 12 □□

□□□□:

om (mittel und schwer)

□□□□□: 2(of 4)

□□□□□□□: 52:44

□□: 12:56

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (53)	4:58	3	0:36	13.7	4:58	3	0:36	13.7
2 (56)	4:05	2	0:13	5.6	9:03	2	0:49	9.9
3 (58)	4:09	3	1:13	41.5	13:12	2	2:02	18.2
4 (66)	8:37	4	1:43	24.9	21:49	2	3:45	20.8
5 (70)	4:59	3	1:50	58.2	26:48	2	4:59	22.8
6 (79)	5:16	3	2:21	80.6	32:04	2	7:20	29.7
7 (80)	5:16	3	1:16	31.7	37:20	2	8:36	29.9
8 (81)	1:02	3	0:23	59.0	38:22	2	8:45	29.5
9 (63)	8:51	4	3:11	56.2	47:13	2	11:16	31.3
10 (51)	6:54	1	-	-	54:07	2	10:22	23.7
11 (46)	7:58	2	1:28	22.6	1:02:05	2	11:50	23.6
12 (99)	3:17	3	1:11	56.4	1:05:22	2	13:01	24.9
□□	0:18	2	0:05	38.5	1:05:40	2	12:56	24.5