



2. Wartburg Staffel Marathon

Vom Pummpälzsteg zur Wartburg und zurück / 19.09.2009

□□□□

Ausdauerarena Immelborn

□□□: 4:47:45

□□: 64

□□: 12.09 km/h

□□□□: 4:53 min/km

□□: 58.80 km

□□□□□/□□□: 8 (of 12)

Staffel Lauf

□□□□□/□: 8 (of 11)

□□□□□□: 3:49:02

□□□□:

□□□□□: 8(of 11)

Männer Lauf

□□□□□□□: 3:49:02

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Pummpälzsteg	11.20	1:00:21	5:23	8	15:08	8	15:08	11.20	1:00:21	5:23	8	15:08	8	15:08
Hubertushaus	10.80	51:51	4:48	6	7:20	6	7:20	22.00	1:52:12	5:06	8	22:28	8	22:28
Parkplatz Wartbu	13.00	53:57	4:09	3	7:28	3	7:28	35.00	2:46:09	4:44	8	29:56	8	29:56
Hubertushaus	13.00	1:13:28	5:39	9	21:18	9	21:18	48.00	3:59:37	4:59	8	51:14	8	51:14
□□	10.80	48:08	4:27	6	7:29	6	7:29	58.80	4:47:45	4:53	8	58:43	8	58:43