



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

0000

Prochaska, Jan

00: LG Nord Berlin Ultrateam

00: 702

00: 43.50 km

Marathon

0000:

Männer M40

000: 3:30:57

00: 12.23 km/h

0000: 4:51 min/km

00000/000: 10 (of 105)

00000/0: 10 (of 92)

000000: 3:10:17

00000: 2(of 23)

0000000: 3:17:53

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| 000    | 00    | 00      | 00     | 00 | 00    | 00 | 00    | 000   | 000     | 000    | 00 | 00    | 00 | 00    |
|--------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
|        | km    | 00      | min/km | -  | -     | 0  | 0     | km    | 00      | min/km | -  | -     | 0  | 0     |
| 00 1   | 11.60 | 57:13   | 4:55   | 7  | 10:10 | 29 | 11:41 | 11.60 | 57:13   | 4:55   | 15 |       |    | 51    |
| 00 2   | 18.80 | 1:29:49 | 4:46   | 3  | 25:44 | 12 | 29:09 | 30.40 | 2:27:02 | 4:50   | 22 |       |    | 59    |
| 000 00 | 13.10 | 1:03:55 | 4:52   | 2  | 1:17  | 3  | 1:17  | 43.50 | 3:30:57 | 4:50   | 2  | 13:04 | 10 | 20:40 |