

3. Schlaubetal-Marathon 3. SCHlaubetal Maratine Eisenhüttenstadt / 17.10.2009



Rudolph, Jens

□□: SV Turbine Hohenwarte

□□: 619

□□: 43.50 km Marathon

Männer M40

□□□: 4:10:39

□□: 10.29 km/h

□□□□: 5:46 min/km

_____: 41 (of 105)

□□□□□/□: 38 (of 92)

____: 3:10:17

□□□□: 9(of 23)

0000000: 3:17:53

□□ km		□□ min/km			00 0		□□□ km	000 00 n	□□□ nin/km				

0:46 $\Box\Box$ 1 11.60 1:01:13 5:16 11 14:10 42 15:41 11.60 1:01:13 5:16 17 73 18.80 1:44:53 5:34 8 40:48 35 44:13 30.40 2:46:06 5:27 15 71 13.10 1:24:33 6:27 8 21:55 34 21:55 43.50 4:10:39 5:45 9 52:46 38 1:00:22