

3. Schlaubetal-Marathon 3. SChlaubetal-Maration Eisenhüttenstadt / 17.10.2009



Kahle-Böhlig, Jens

□□: LTSV Forst

□□: 682

□□: 43.50 km

Marathon

Männer M40

□□□: 4:14:06

□□: 10.15 km/h

□□□□: 5:50 min/km

_____: 45 (of 105)

□□□□/□: 41 (of 92)

| 3:10:17

□□□□: 10(of 23)

____: 3:17:53

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

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	11.60	1:02:15	5:21	13	15:12	49	16:43	11.60	1:02:15	5:21	19	1:48	78	
<u> </u>	18.80	1:46:55	5:41	10	42:50	41	46:15	30.40	2:49:10	5:33	14	0:49	68	
	13.10	1:24:56	6:29	9	22:18	35	22:18	43.50	4:14:06	5:50	10	56:13	41	1:03:49