



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

0000

Roock, Michael

00: Fürstenwalde

00: 600

00: 43.50 km

Marathon

0000:

Männer M40

0000: 4:21:05

00: 9.88 km/h

0000: 6:00 min/km

00000/000: 50 (of 105)

00000/0: 46 (of 92)

000000: 3:10:17

00000: 13(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	1:05:06	5:36	17	18:03	61	19:34	11.60	1:05:06	5:36	21	4:39	82	0:27
00 2	18.80	1:51:58	5:57	13	47:53	49	51:18	30.40	2:57:04	5:49	11	8:43	18	3:22
000 00	13.10	1:24:01	6:24	7	21:23	32	21:23	43.50	4:21:05	6:00	13	1:03:12	46	1:10:48