



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

0000

Carmesin, Ralf

00: Lübben

00: 710

00: 43.50 km

Marathon

0000:

Männer M40

000: 4:53:05

00: 8.80 km/h

0000: 6:44 min/km

00000/000: 78 (of 105)

00000/0: 70 (of 92)

000000: 3:10:17

00000: 18(of 23)

0000000: 3:17:53

0000

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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	1:03:33	5:28	16	16:30	56	18:01	11.60	1:03:33	5:28	6	3:06	3	
00 2	18.80	2:02:16	6:30	19	58:11	71	1:01:36	30.40	3:05:49	6:06	7	17:28	3	12:07
000 00	13.10	1:47:16	8:11	18	44:38	77	44:38	43.50	4:53:05	6:44	18	1:35:12	70	1:42:48