



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

0000

Hempel, Thomas

00: Volkssport

00: 606

00: 43.50 km

Marathon

0000:

Männer M45

000: 5:26:35

00: 7.99 km/h

0000: 7:31 min/km

00000/000: 98 (of 105)

00000/0: 87 (of 92)

000000: 3:10:17

00000: 13(of 13)

0000000: 3:16:37

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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 | 1:17:26 | 6:40 | 13 | 30:59 | 89 | 31:54 | 11.60 | 1:17:26 | 6:40 | 10 | 30:59 | 25 | 12:47 |
| 00 2 | 18.80 | 2:10:30 | 6:56 | 12 | 49:45 | 78 | 1:09:50 | 30.40 | 3:27:56 | 6:50 | 10 | 1:14:33 | 28 | 34:14 |
| 000 00 | 13.10 | 1:58:39 | 9:03 | 13 | 52:31 | 85 | 56:01 | 43.50 | 5:26:35 | 7:30 | 13 | 2:09:58 | 87 | 2:16:18 |