

4. Schlaubetal-Marathon 4. SCNIaupetai-maration Eisenhüttenstadt / 23.10.2010



Herrmann, Mike

□□: Team Justitia

□□: 334

□□: 21.10 km

Cross-Halbmarathon

Männer M40

□□□: 1:44:36

□□: 12.05 km/h

□□□□: 4:58 min/km

_____: 23 (of 127)

____/_: 23 (of 101)

□□□□: 8(of 22)

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	10.60	52:53	4:59	7	5:21	22	10:43	10.60	52:53	4:59	15		54	
	10.50	51:43	4:55	9	5:13	23	11:47	21.10	1:44:36	4:57	8	10:34	23	22:30