



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

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JAHN, Steffen

00: Hoppegarten/ OT Hönow

00: 1305

00: 21.10 km

Halbmarathon Nordic-Walking

0000:

Nordic Walking-Männer

000: 3:45:39

00: 5.58 km/h

0000: 10:41 min/km

00000/000: 9 (of 9)

00000/0: 3 (of 3)

000000: 2:56:44

00000: 3(of 3)

0000000: 2:56:44

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|--------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| 00 1 | 10.60 | 1:52:12 | 10:35 | 3 | 25:32 | 3 | 25:32 | 10.60 | 1:52:12 | 10:35 | 3 | 25:32 | 3 | 25:32 |
| 000 00 | 10.50 | 1:53:27 | 10:48 | 3 | 23:23 | 3 | 23:23 | 21.10 | 3:45:39 | 10:41 | 3 | 48:55 | 3 | 48:55 |