



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

□□□□

Przychodzki, Frank

□□: Forst (Lausitz)

□□: 663

□□: 42.19 km

Cross-Marathon

□□□□:

Männer M55

□□□: 4:04:47

□□: 10.29 km/h

□□□□: 5:48 min/km

□□□□□/□□□: 51 (of 104)

□□□□□/□: 46 (of 89)

□□□□□□: 2:55:05

□□□□□: 4(of 7)

□□□□□□□: 3:29:37

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|--------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| □□ 1 | 11.60 | 1:00:30 | 5:12 | 5 | 7:20 | 49 | 13:14 | 11.60 | 1:00:30 | 5:12 | 4 | 7:20 | 22 | |
| □□ 2 | 18.40 | 1:49:16 | 5:56 | 4 | 16:40 | 48 | 31:56 | 30.00 | 2:49:46 | 5:39 | 4 | 24:00 | 22 | |
| □□ 3 | 3.50 | 16:53 | 4:49 | 4 | 2:54 | 46 | 5:21 | 33.50 | 3:06:39 | 5:34 | 4 | 26:41 | 22 | |
| □□□ □□ | 8.69 | 58:08 | 6:41 | 4 | 9:04 | 44 | 20:18 | 42.19 | 4:04:47 | 5:48 | 4 | 35:10 | 46 | 1:09:42 |