

5. Schlaubetal-Marathon 5. Schlaubetal-Maration Eisenhüttenstadt / 15.10.2011



Thiele, Guido

□□: Coyote 1 □□: 652

□□: 42.19 km Cross-Marathon

Männer M40

□□□: 4:30:20

□□: 9.32 km/h

□□□□: 6:25 min/km

_____: 69 (of 104)

____/_: 63 (of 89)

____: 2:55:05

□□□□: 15(of 20)

0000000: 3:13:29

	km		min/km	-	-			km		min/km	-	-		
1	11.60	1:02:45	5:24	16	11:10	62	15:29	11.60	1:02:45	5:24	7	1:01	5	0:55
<u> </u>	18.40	2:00:17	6:32	16	32:38	64	42:57	30.00	3:03:02	6:06	7	12:22	5	13:13
<u> </u>	3.50	18:34	5:18	16	5:53	63	7:02	33.50	3:21:36	6:01	7	13:57	5	14:33
	8.69	1:08:44	7:54	15	27:10	68	30:54	42.19	4:30:20	6:24	15	1:16:51	63	1:35:15