



# 6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

□□□□

**Lamm, Stefan**

□□: SSV Heidenau

□□: 675

□□: 42.35 km

Cross-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:05:14

□□: 13.72 km/h

□□□□: 4:22 min/km

□□□□□/□□□: 5 (of 111)

□□□□□/□: 5 (of 89)

□□□□□□: 2:56:00

□□□□□: 1(of 17)

□□□□□□□: 3:05:14

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 11.60    | 48:23    | 4:10         | 1       | -       | 7       | 2:40    | 11.60 | 48:23     | 4:10      | 10            | -       | -       | 64      |         |
| □□ 2   | 18.60    | 1:21:51  | 4:24         | 1       | -       | 4       | 5:03    | 30.20 | 2:10:14   | 4:18      | 10            | -       | -       | 64      |         |
| □□ 3   | 2.50     | 12:21    | 4:56         | 1       | -       | 5       | 0:58    | 32.70 | 2:22:35   | 4:21      | 10            | -       | -       | 63      |         |
| □□□ □□ | 9.65     | 42:39    | 4:25         | 1       | -       | 5       | 3:38    | 42.35 | 3:05:14   | 4:22      | 1             | -       | -       | 5       | 9:14    |