



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

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Zarnbach, Ralf

00: Frankfurt(Oder)

00: 677

00: 42.35 km

Cross-Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:32:16

00: 11.87 km/h

0000: 5:01 min/km

00000/000: 13 (of 111)

00000/0: 13 (of 89)

000000: 2:56:00

00000: 4(of 25)

0000000: 2:56:00

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|--------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| 00 1 | 11.60 | 53:34 | 4:37 | 4 | 6:18 | 17 | 7:51 | 11.60 | 53:34 | 4:37 | 22 | | 55 | |
| 00 2 | 18.60 | 1:31:35 | 4:55 | 3 | 13:58 | 12 | 14:47 | 30.20 | 2:25:09 | 4:48 | 22 | | 45 | |
| 00 3 | 2.50 | 14:35 | 5:50 | 3 | 3:12 | 14 | 3:12 | 32.70 | 2:39:44 | 4:53 | 22 | | 55 | |
| 000 00 | 9.65 | 52:32 | 5:26 | 4 | 13:31 | 17 | 13:31 | 42.35 | 3:32:16 | 5:00 | 4 | 36:16 | 13 | 36:16 |