

6. Schlaubetal-Marathon 6. Schlaubetal-Marathon Eisenhüttenstadt / 20.10.2012



Poeppel, Marcus

□□: Falkenhagen

□□: 640

□□: 42.35 km Cross-Marathon

Senioren M35 (35-39 Jahre)

□□□: 3:33:05

□□: 11.83 km/h

□□□: 5:02 min/km

_____: 14 (of 111)

_______: 14 (of 89)

____: 2:56:00

□□□□: 3(of 6)

____: 3:06:46

| | km | | min/km | - | - | | | km | | min/km | - | - | | |
|-------------|-------|---------|--------|---|-------|----|-------|-------|---------|--------|---|-------|----|-------|
| □□ 1 | 11.60 | 55:52 | 4:48 | 5 | 10:09 | 27 | 10:09 | 11.60 | 55:52 | 4:48 | 3 | 10:09 | 54 | |
| □□ 2 | 18.60 | 1:33:16 | 5:00 | 3 | 10:08 | 13 | 16:28 | 30.20 | 2:29:08 | 4:56 | 3 | 19:08 | 55 | |
| □□ 3 | 2.50 | 14:47 | 5:54 | 3 | 2:27 | 16 | 3:24 | 32.70 | 2:43:55 | 5:00 | 3 | 21:35 | 54 | |
| 000 00 | 9.65 | 49:10 | 5:05 | 3 | 4:44 | 11 | 10:09 | 42.35 | 3:33:05 | 5:01 | 3 | 26:19 | 14 | 37:05 |