



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

0000

Pakalski, Norbert

00: BSG Pneumant Fürstenwalde
00: 692

00: 42.35 km
Cross-Marathon

0000:
Senioren M55 (55-59 Jahre)

000: 4:01:27

00: 10.52 km/h
0000: 5:42 min/km

00000/000: 40 (of 111)

00000/0: 38 (of 89)

000000: 2:56:00

00000: 5(of 10)

0000000: 3:53:43

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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	51:56	4:28	1	-	13	6:13	11.60	51:56	4:28	5	-	74	
00 2	18.60	1:40:24	5:23	2	5:23	29	23:36	30.20	2:32:20	5:02	5	3:29	74	
00 3	2.50	17:22	6:56	5	2:02	49	5:59	32.70	2:49:42	5:11	5	3:03	74	
000 00	9.65	1:11:45	7:26	7	15:30	64	32:44	42.35	4:01:27	5:42	5	7:44	38	1:05:27