



# 6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

0000

Heidemann, Rico

00: Stuhr

00: 629

00: 42.35 km

Cross-Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:08:55

00: 10.12 km/h

0000: 5:53 min/km

00000/000: 45 (of 111)

00000/0: 41 (of 89)

000000: 2:56:00

00000: 8(of 17)

0000000: 3:05:14

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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 | 1:00:31 | 5:13   | 8  | 12:08 | 42 | 14:48 | 11.60 | 1:00:31 | 5:13   | 11 | 0:38    | 71 | 1:19    |
| 00 2   | 18.60 | 1:42:25 | 5:30   | 6  | 20:34 | 31 | 25:37 | 30.20 | 2:42:56 | 5:23   | 11 |         | 71 |         |
| 00 3   | 2.50  | 16:51   | 6:44   | 9  | 4:30  | 38 | 5:28  | 32.70 | 2:59:47 | 5:29   | 11 |         | 71 |         |
| 000 00 | 9.65  | 1:09:08 | 7:09   | 12 | 26:29 | 57 | 30:07 | 42.35 | 4:08:55 | 5:52   | 8  | 1:03:41 | 41 | 1:12:55 |