



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

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Drilling, Carsten

□□: Non Stop Ultra Brakel

□□: 716

□□: 43.00 km

Cross-Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:55:49

□□: 14.67 km/h

□□□□: 4:05 min/km

□□□□□/□□□: 2 (of 105)

□□□□□/□: 2 (of 82)

□□□□□□: 2:49:01

□□□□□: 1(of 13)

□□□□□□□: 2:55:49

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 11.60 | 45:34 | 3:55 | 1 | - | 3 | 1:37 | 11.60 | 45:34 | 3:55 | 1 | - | 61 | |
| □□ 2 | 19.00 | 1:16:59 | 4:03 | 1 | - | 2 | 2:30 | 30.60 | 2:02:33 | 4:00 | 1 | - | 60 | |
| □□ 3 | 1.70 | 12:36 | 7:24 | 1 | - | 3 | 0:24 | 32.30 | 2:15:09 | 4:11 | 1 | - | 60 | |
| □□□ □□ | 10.70 | 40:40 | 3:48 | 1 | - | 3 | 2:17 | 43.00 | 2:55:49 | 4:05 | 1 | - | 2 | 6:48 |