



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

0000

Lieske, Marcus

00: Berlin

00: 652

00: 43.00 km

Cross-Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:45:43

00: 11.43 km/h

0000: 5:15 min/km

00000/000: 29 (of 105)

00000/0: 26 (of 82)

000000: 2:49:01

00000: 3(of 5)

0000000: 3:24:07

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	11.60	56:01	4:49	2	6:36	19	12:04	11.60	56:01	4:49	4		77	
00 2	19.00	1:36:02	5:03	2	8:32	19	21:33	30.60	2:32:03	4:58	3	15:08	75	
00 3	1.70	17:09	10:05	4	2:02	39	4:57	32.30	2:49:12	5:14	3	17:10	75	
000 00	10.70	56:31	5:16	4	5:16	38	18:08	43.00	3:45:43	5:14	3	21:36	26	56:42