



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

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Seidel, Grit

00: LG Nord Berlin Ultrateam
00: 722

00: 43.00 km
Cross-Marathon

0000:
Seniorinnen W40 (40-44 Jahre)

0000: 3:50:31

00: 11.19 km/h
0000: 5:22 min/km

00000/0000: 35 (of 105)

00000/0: 4 (of 23)

000000: 3:37:16

00000: 2(of 4)

0000000: 3:37:16

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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	1:01:59	5:20	4	4:37	8	14:05	11.60	1:01:59	5:20	2	4:37	21	
00 2	19.00	1:40:51	5:18	2	3:55	4	4:51	30.60	2:42:50	5:19	2	8:32	21	
00 3	1.70	16:15	9:33	2	1:25	4	1:25	32.30	2:59:05	5:32	2	9:57	21	
000 00	10.70	51:26	4:48	2	3:18	2	3:18	43.00	3:50:31	5:21	2	13:15	4	13:15