



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

0000

Leuschner-Stryczynski, Ralf

00: LG Mauerweg e.V.

00: 670

00: 43.00 km

Cross-Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:54:55

00: 8.75 km/h

0000: 6:52 min/km

00000/000: 88 (of 105)

00000/0: 71 (of 82)

000000: 2:49:01

00000: 21(of 22)

0000000: 2:59:18

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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	1:06:14	5:42	15	22:15	56	22:17	11.60	1:06:14	5:42	3	5:03	2	5:12
00 2	19.00	2:08:39	6:46	19	50:17	68	54:10	30.60	3:14:53	6:22	3	30:03	21	22:06
00 3	1.70	23:07	13:35	22	10:49	76	10:55	32.30	3:38:00	6:44	3	35:55	21	26:45
000 00	10.70	1:16:55	7:11	21	36:36	71	38:32	43.00	4:54:55	6:51	21	1:55:37	71	2:05:54