

7. Schlaubetal-Marathon 7. SChlaubetal-Maration Eisenhüttenstadt / 19.10.2013



Hell, Andreas

□□: Ziltendorf

□□: 389

□□: 21.10 km

Eisenhüttenstädter Cross-Halbmarathon

Senioren M40 (40-44 Jahre)

□□□: 1:37:24

□□: 12.94 km/h

□□□: 4:37 min/km

______: 14 (of 146)

______: 14 (of 116)

[][][]: 1:26:13

□□□□: 5(of 27)

□□□□□□: 1:26:13

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	11.80	48:20	4:05	5	5:22	12	5:22	11.80	48:20	4:05	24		14	5:22
	9.30	49:04	5:16	6	5:49	17	5:49	21.10	1:37:24	4:36	5	11:11	14	11:11