



Erfurt 1 Marathon  
Erfurt / 30.08.2014

□□□□

ASV-Senioren II

□□: ASV Erfurt  
□□: 41

□□: 42.20 km  
Marathon 4er Staffel

□□□□:  
Staffel 4 x Männer

□□□: 3:42:08

□□: 11.34 km/h  
□□□□: 5:16 min/km

□□□□□/□□□: 5 (of 21)

□□□□□/□: 3 (of 4)

□□□□□□: 3:12:25

□□□□□: 3(of 4)

□□□□□□□: 3:12:25

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| VP1 - Gubener St  | 5.40     | 24:14    | 4:29         | 1       | -       | 1       | -       | 5.40      | 24:14     | 4:29          | 3       |         | 3       |         |
| VP2 - Nordpark    | 4.80     | 25:20    | 5:16         | 3       | 4:21    | 3       | 4:21    | 10.20     | 49:34     | 4:51          | 3       | 3:19    | 3       | 3:19    |
| VP3 - Pfaffenstie | 10.90    | 1:00:36  | 5:33         | 3       | 11:05   | 3       | 11:05   | 21.10     | 1:50:10   | 5:13          | 3       | 14:24   | 3       | 14:24   |
| VP4 - Walterslebi | 4.90     | 28:11    | 5:45         | 2       | 3:37    | 2       | 3:37    | 26.00     | 2:18:21   | 5:19          | 3       | 7:46    | 3       | 7:46    |
| VP5 - Waldhaus    | 4.00     | 20:58    | 5:14         | 3       | 3:45    | 3       | 3:45    | 30.00     | 2:39:19   | 5:18          | 3       | 11:31   | 3       | 11:31   |
| Nordpark Erfurt   | 12.20    | 1:02:49  | 5:08         | 3       | 18:12   | 3       | 18:12   | 42.20     | 3:42:08   | 5:15          | 3       | 29:43   | 3       | 29:43   |