



Erfurt 1 Marathon
Erfurt / 30.08.2014

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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

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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