



Erfurt 1 Marathon
Erfurt / 30.08.2014

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Team 4 K

□□: 42

□□: 42.20 km

Marathon 4er Staffel

□□□□:

Staffel 4 x Mix

□□□: 3:48:22

□□: 11.09 km/h

□□□□: 5:25 min/km

□□□□□/□□□: 6 (of 21)

□□□□□/□□□: 3 (of 16)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
VP1 - Gubener St	5.40	29:23	5:26	6	4:19	6	4:19	5.40	29:23	5:26	2	3:20	2	3:20
VP2 - Nordpark	4.80	25:48	5:22	3	0:38	3	0:38	10.20	55:11	5:24	3	2:40	3	2:40
VP3 - Pfaffenstie	10.90	1:01:04	5:36	6	7:09	6	7:09	21.10	1:56:15	5:30	3	7:47	3	7:47
VP4 - Walterslebi	4.90	26:34	5:25	5	2:56	5	2:56	26.00	2:22:49	5:29	3	6:14	3	6:14
VP5 - Waldhaus	4.00	19:24	4:50	3	0:39	3	0:39	30.00	2:42:13	5:24	3	4:13	3	4:13
Nordpark Erfurt	12.20	1:06:09	5:25	5	15:38	5	15:38	42.20	3:48:22	5:24	3	19:51	3	19:51