



Erfurt 1 Marathon

Erfurt / 30.08.2014

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Siebert, Martin

□□: LG Running Spatz

□□: 28

□□: 42.20 km

Marathon Einzel

□□□□:

Männer

□□□: 4:20:49

□□: 9.66 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 18 (of 43)

□□□□□/□: 17 (of 41)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
VP1 - Gubener St	5.40	29:48	5:31	27	8:16	27	8:16	5.40	29:48	5:31	1	-	1	-
VP2 - Nordpark	4.80	27:49	5:47	13	5:16	13	5:16	10.20	57:37	5:38	39	-	39	-
VP3 - Pfaffenstie	10.90	1:15:40	6:56	30	22:52	30	22:52	21.10	2:13:17	6:19	37	-	37	-
VP4 - Walterslebi	4.90	29:43	6:03	3	3:03	3	3:03	26.00	2:43:00	6:16	30	-	30	-
VP5 - Waldhaus	4.00	24:41	6:10	8	4:12	8	4:12	30.00	3:07:41	6:15	37	-	37	-
Nordpark Erfurt	12.20	1:13:08	5:59	11	12:07	11	12:07	42.20	4:20:49	6:10	18	55:26	18	55:26