



Erfurt 1 Marathon
Erfurt / 30.08.2014

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HELIOS Erfurt

□□: 24

□□: 42.20 km

Marathon 4er Staffel

□□□□:

Staffel 4 x Mix

□□□: 4:05:26

□□: 10.27 km/h

□□□□: 5:49 min/km

□□□□□/□□□: 13 (of 21)

□□□□□/□□□: 8 (of 16)

□□□□□□: 3:28:31

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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	25:54	5:23	4	0:44	4	0:44	10.20	55:17	5:25	10	2:46	10	2:46
VP3 - Pfaffenstie	10.90	1:06:14	6:04	10	12:19	10	12:19	21.10	2:01:31	5:45	10	13:03	10	13:03
VP4 - Walterslebi	4.90	26:49	5:28	6	3:11	6	3:11	26.00	2:28:20	5:42	10	11:45	10	11:45
VP5 - Waldhaus	4.00	21:16	5:18	5	2:31	5	2:31	30.00	2:49:36	5:39	10	11:36	10	11:36
Nordpark Erfurt	12.20	1:15:50	6:12	13	25:19	13	25:19	42.20	4:05:26	5:48	8	36:55	8	36:55