



Erfurt 1 Marathon

Erfurt / 30.08.2014

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Annas Ladies & Gentlemen

□□: ANNAKRAM e.V.

□□: 15

□□: 42.20 km

Marathon 4er Staffel

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Staffel 4 x Mix

□□□: 4:22:31

□□: 9.60 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 20 (of 21)

□□□□□/□□□: 15 (of 16)

□□□□□□: 3:28:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
VP1 - Gubener St	5.40	29:37	5:29	9	4:33	9	4:33	5.40	29:37	5:29	12	3:34	12	3:34
VP2 - Nordpark	4.80	27:28	5:43	7	2:18	7	2:18	10.20	57:05	5:35	15	4:34	15	4:34
VP3 - Pfaffenstie	10.90	1:08:15	6:15	12	14:20	12	14:20	21.10	2:05:20	5:56	15	16:52	15	16:52
VP4 - Walterslebi	4.90	35:45	7:17	14	12:07	14	12:07	26.00	2:41:05	6:11	15	24:30	15	24:30
VP5 - Waldhaus	4.00	28:22	7:05	14	9:37	14	9:37	30.00	3:09:27	6:18	14	31:27	14	31:27
Nordpark Erfurt	12.20	1:13:04	5:59	9	22:33	9	22:33	42.20	4:22:31	6:13	15	54:00	15	54:00