



Erfurt 1 Marathon  
Erfurt / 30.08.2014

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One HR - Bosch Eisenach

□□: Bosch Eisenach  
□□: 21

□□: 42.20 km  
Marathon 4er Staffel

□□□□:  
Staffel 4 x Mix

□□□: 4:36:14

□□: 9.12 km/h  
□□□□: 6:33 min/km

□□□□□/□□□: 21 (of 21)

□□□□□/□□□: 16 (of 16)

□□□□□□: 3:28:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
VP1 - Gubener St	5.40	fehlt!	-	-	-	-	-	5.40	-	-	-	-	-	-
VP2 - Nordpark	4.80	1:09:54	14:33	16	44:44	16	44:44	10.20	1:09:54	6:51	16	17:23	16	17:23
VP3 - Pfaffenstie	10.90	1:59:18	10:56	16	1:05:23	16	1:05:23	21.10	3:09:12	8:58	16	1:20:44	16	1:20:44
VP4 - Waltersleb	4.90	fehlt!	-	-	-	-	-	26.00	-	-	-	-	-	-
VP5 - Waldhaus	4.00	fehlt!	-	-	-	-	-	30.00	-	-	-	-	-	-
Nordpark Erfurt	12.20	1:27:02	7:08	15	36:31	15	36:31	42.20	4:36:14	6:32	16	1:07:43	16	1:07:43