



# 1. Erfurter Flughafenlauf

Erfurt / 14.09.2014

0000

Kirchner, Ralf

000: 38:45

00: 407

00: 15.48 km/h

0000: 3:53 min/km

00: 10.00 km

00000/000: 7 (of 109)

Lange Strecke

00000/0: 7 (of 89)

000000: 32:30

0000:

00000: 2(of 17)

Männer (20-29 Jahre)

0000000: 35:51

0000

0000

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| 000   | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000   | 000    | 00 | 00   | 00 | 00   |
|-------|------|-------|--------|----|------|----|------|-------|-------|--------|----|------|----|------|
|       | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00    | min/km | -  | -    | 0  | 0    |
| Runde | 2.50 | 8:46  | 3:30   | 2  | 0:20 | 5  | 0:45 | 2.50  | 8:46  | 3:30   | 14 |      | 88 |      |
| Runde | 2.50 | 9:49  | 3:55   | 3  | 0:54 | 9  | 1:35 | 5.00  | 18:35 | 3:42   | 14 |      | 88 |      |
| Runde | 2.50 | 10:00 | 4:00   | 3  | 0:49 | 7  | 1:37 | 7.50  | 28:35 | 3:48   | 5  |      | 85 |      |
| Ziel  | 2.50 | 10:10 | 4:03   | 4  | 0:51 | 12 | 2:18 | 10.00 | 38:45 | 3:52   | 2  | 2:54 | 7  | 6:15 |