



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

0000

Zarnbach, Ralf

00: Frankfurt(Oder)

00: 705

00: 43.00 km

Cross-Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:42:10

00: 11.61 km/h

0000: 5:10 min/km

00000/000: 12 (of 117)

00000/0: 10 (of 82)

000000: 2:54:26

00000: 4(of 18)

0000000: 2:54:26

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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
00 1	11.60	53:43	4:37	2	9:19	6	9:19	11.60	53:43	4:37	16			54
00 2	9.90	49:38	5:00	5	7:42	10	7:42	21.50	1:43:21	4:48	16			54
00 3	11.10	1:01:18	5:31	7	14:56	15	14:56	32.60	2:44:39	5:03	16			54
000 Ziel Inselhall	10.40	57:31	5:31	7	15:47	20	15:47	43.00	3:42:10	5:09	4	47:44	10	47:44