

8. Schlaubetal Marathon 8. Schlaubetai Maration Eisenhüttenstadt / 18.10.2014



Krause, Thilo

□□: MSV Tripoint Frankfurt (Oder)

□□: 644

□□: 43.00 km Cross-Marathon

Senioren M45 (45-49 Jahre)

□□□: 3:47:00

□□: 11.37 km/h

□□□□: 5:17 min/km

_____: 17 (of 117)

□□□□□/□: 14 (of 82)

□□□□□□: 2:54:26

□□□□: 6(of 18)

□□□□□□□: 2:54:26

|--|--|

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	11.60	55:01	4:44	5	10:37	14	10:37	11.60	55:01	4:44	14		50	
□□ 2	9.90	49:35	5:00	4	7:39	8	7:39	21.50	1:44:36	4:51	14		50	
□□ 3	11.10	1:00:20	5:26	6	13:58	12	13:58	32.60	2:44:56	5:03	14		50	
Ziel Inselhall	10.40	1:02:04	5:58	9	20:20	39	20:20	43.00	3:47:00	5:16	6	52:34	14	52:34