



# 8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

□□□□

**Elsner, Steffi**

□□: Hoppegarten

□□: 691

□□: 43.00 km

Cross-Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:59:55

□□: 10.75 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 34 (of 117)

□□□□□/□: 10 (of 35)

□□□□□□: 3:34:11

□□□□□: 5(of 11)

□□□□□□□: 3:43:24

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| □□□                | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1               | 11.60    | 1:00:03  | 5:10         | 3       | 1:49    | 6       | 5:26    | 11.60     | 1:00:03   | 5:10          | 1       | -       | 19      |         |
| □□ 2               | 9.90     | 56:30    | 5:42         | 5       | 3:29    | 9       | 4:36    | 21.50     | 1:56:33   | 5:25          | 5       | 1:44    | 19      |         |
| □□ 3               | 11.10    | 1:06:36  | 6:00         | 5       | 7:10    | 10      | 8:55    | 32.60     | 3:03:09   | 5:37          | 5       | 8:48    | 19      |         |
| □□□ Ziel Inselhall | 10.40    | 56:46    | 5:27         | 5       | 7:43    | 10      | 7:43    | 43.00     | 3:59:55   | 5:34          | 5       | 16:31   | 10      | 25:44   |