



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

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Steinicke, Thomas

□□: SGW 05 Berlin

□□: 733

□□: 43.00 km

Cross-Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:15:02

□□: 10.12 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 53 (of 117)

□□□□□/□: 42 (of 82)

□□□□□□: 2:54:26

□□□□□: 11(of 23)

□□□□□□□: 3:11:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	11.60	1:09:00	5:56	17	18:23	56	24:36	11.60	1:09:00	5:56	14	-	32	9:27
□□ 2	9.90	58:26	5:54	13	12:37	43	16:30	21.50	2:07:26	5:55	14	-	32	9:07
□□ 3	11.10	1:06:42	6:00	9	14:53	30	20:20	32.60	3:14:08	5:57	14	-	32	
□□□ Ziel Inselhall	10.40	1:00:54	5:51	12	17:43	34	19:10	43.00	4:15:02	5:55	11	1:03:36	42	1:20:36