

8. Schlaubetal Marathon 8. Schlaubetal Marathon Eisenhüttenstadt / 18.10.2014



Wöhlmann, Sielke

□□: SG Spergau

□□: 704

□□: 43.00 km Cross-Marathon

Seniorinnen W50 (50-54 Jahre)

□□□: 4:22:40

□□: 9.82 km/h

□□□□: 6:07 min/km

_____: 63 (of 117)

□□□□□/□: 15 (of 35)

□□□□□□: 3:34:11

____: 2(of 5)

____: 4:16:09

km	ПП	min/km	_	_	П	П	km	ПП т	in/km	_	_	П	П	

	km		min/km	-	-			km		min/km	-	-		
1	11.60	1:06:06	5:41	3	1:48	12	11:29	11.60	1:06:06	5:41	2	1:48	33	
□□ 2	9.90	1:03:33	6:25	2	2:33	19	11:39	21.50	2:09:39	6:01	2	4:21	33	
<u> </u>	11.10	1:13:14	6:35	3	3:09	16	15:33	32.60	3:22:53	6:13	2	7:30	33	
□□□ Ziel Inselhall	10.40	59:47	5:44	1	-	12	10:44	43.00	4:22:40	6:06	2	6:31	15	48:29