



# 8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

□□□□

Steinbach, Manfred

□□: Berlin

□□: 713

□□: 43.00 km

Cross-Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:32:03

□□: 9.48 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 73 (of 117)

□□□□□/□: 56 (of 82)

□□□□□□: 2:54:26

□□□□□: 2(of 5)

□□□□□□□: 3:40:07

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| □□□                | □□    | □□      | □□     | □□ | □□    | □□ | □□    | □□□   | □□□     | □□□    | □□ | □□    | □□ | □□      |
|--------------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|---------|
|                    | km    | □□      | min/km | -  | -     | □  | □     | km    | □□      | min/km | -  | -     | □  | □       |
| □□ 1               | 11.60 | 1:10:58 | 6:07   | 2  | 16:52 | 63 | 26:34 | 11.60 | 1:10:58 | 6:07   | 2  | 16:52 | 5  | 11:25   |
| □□ 2               | 9.90  | 1:04:00 | 6:27   | 2  | 12:04 | 60 | 22:04 | 21.50 | 2:14:58 | 6:16   | 2  | 28:56 | 8  | 16:39   |
| □□ 3               | 11.10 | 1:11:02 | 6:23   | 2  | 10:16 | 44 | 24:40 | 32.60 | 3:26:00 | 6:19   | 2  | 39:12 | 8  | 9:45    |
| □□□ Ziel Inselhall | 10.40 | 1:06:03 | 6:21   | 2  | 12:44 | 50 | 24:19 | 43.00 | 4:32:03 | 6:19   | 2  | 51:56 | 56 | 1:37:37 |