



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

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Etrzrodt, Frank-Ulrich

□□: 1. Berliner Vollmond-Marathon
 □□: 665

□□: 43.00 km
 Cross-Marathon

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 6:09:20

□□: 6.99 km/h
 □□□□: 8:35 min/km

□□□□□/□□□: 115 (of 117)

□□□□□/□: 82 (of 82)

□□□□□□: 2:54:26

□□□□□: 4(of 4)

□□□□□□□: 4:07:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	11.60	1:28:02	7:35	4	28:56	82	43:38	11.60	1:28:02	7:35	4	28:56	23	28:29	
□□ 2	9.90	1:31:38	9:15	4	36:03	82	49:42	21.50	2:59:40	8:21	4	1:04:59	23	1:01:21	
□□ 3	11.10	1:43:31	9:19	4	36:15	81	57:09	32.60	4:43:11	8:41	4	1:41:14	23	1:26:56	
□□□ Ziel Inselhall	10.40	1:26:09	8:17	4	25:15	75	44:25	43.00	6:09:20	8:35	4	2:01:32	82	3:14:54	