



# 2. Erfurt Marathon 4er Staffel

Erfurt / 29.08.2015

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Runtastic Four

□□□: 4:17:16

□□: 91

□□: 9.80 km/h

□□□□: 6:06 min/km

□□: 42.20 km

Erfurt Marathon 4er Staffel

□□□□□: 17 (of 28)

□□□□□□: 3:12:40

□□□□:

□□□□□: 6(of 12)

4er Mixstaffel

□□□□□□□: 3:25:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechselstelle 1	9.68	56:06	5:47	8	13:21	19	13:21	9.68	56:06	5:47	8	13:21	19	13:21
Wechselstelle 2	11.14	1:13:59	6:38	7	25:36	19	25:36	20.82	2:10:05	6:14	7	38:57	20	38:57
Wechselstelle 3	9.31	1:01:12	6:34	11	15:12	26	21:27	30.13	3:11:17	6:20	8	45:36	21	51:03
Erfurt	12.10	1:05:59	5:27	7	8:56	17	15:02	42.20	4:17:16	6:05	6	52:08	17	1:04:36