



# 2. Erfurt Marathon 4er Staffel

Erfurt / 29.08.2015

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Sonntags halb zehn im Steiger Team 2□□: 4:20:02

□□: 87

□□: 42.20 km

Erfurt Marathon 4er Staffel

□□□□:

4er Frauenstaffel

□□: 9.74 km/h

□□□□: 6:10 min/km

□□□□□: 19 (of 28)

□□□□□□: 3:12:40

□□□□□: 3(of 5)

□□□□□□□: 4:06:54

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|-----------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|---------|
|                 | km    | □□      | min/km | -  | -     | □□□ | □□□   | km    | □□      | min/km | -  | -     | □□□ | □□□     |
| Wechselstelle 1 | 9.68  | 57:59   | 5:59   | 3  | 5:21  | 21  | 15:14 | 9.68  | 57:59   | 5:59   | 3  | 5:21  | 21  | 15:14   |
| Wechselstelle 2 | 11.14 | 1:16:16 | 6:50   | 3  | 3:29  | 21  | 27:53 | 20.82 | 2:14:15 | 6:26   | 3  | 8:50  | 23  | 43:07   |
| Wechselstelle 3 | 9.31  | 59:55   | 6:26   | 5  | 11:52 | 24  | 20:10 | 30.13 | 3:14:10 | 6:26   | 3  | 20:42 | 23  | 53:56   |
| Erfurt          | 12.10 | 1:05:52 | 5:26   | 2  | 3:54  | 16  | 14:55 | 42.20 | 4:20:02 | 6:09   | 3  | 13:08 | 19  | 1:07:22 |