



3. Erfurter Marathon
Erfurt / 27.08.2016

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Team Herzbuben

□□□: 4:01:34

□□: 32

□□: 10.48 km/h

□□□□: 5:43 min/km

□□: 42.20 km

Erfurt Marathon 4er Staffel

□□□□□: 10 (of 29)

□□□□□□: 3:20:13

□□□□:

□□□□□: 8(of 16)

4er Männerstaffel

□□□□□□□: 3:20:13

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Wechselstelle 1 | 9.68 | 57:49 | 5:58 | 15 | 13:45 | 21 | 13:45 | 9.68 | 57:49 | 5:58 | 15 | 13:45 | 21 | 13:45 |
| Wechselstelle 2 | 11.14 | 1:08:38 | 6:09 | 9 | 12:41 | 14 | 12:41 | 20.82 | 2:06:27 | 6:04 | 12 | 22:51 | 16 | 22:51 |
| Wechselstelle 3 | 9.31 | 53:49 | 5:46 | 7 | 9:36 | 11 | 9:36 | 30.13 | 3:00:16 | 5:58 | 8 | 29:54 | 11 | 29:54 |
| Erfurt | 12.10 | 1:01:18 | 5:03 | 7 | 11:27 | 9 | 15:11 | 42.20 | 4:01:34 | 5:43 | 8 | 41:21 | 10 | 41:21 |