



3. Erfurter Marathon
Erfurt / 27.08.2016

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Flitzpiepen

□□: 103

□□: 42.20 km

Erfurt Marathon 4er Staffel

□□□□:

4er Mixstaffel

□□□: 4:13:57

□□: 9.92 km/h

□□□□: 6:01 min/km

□□□□□: 16 (of 29)

□□□□□□: 3:20:13

□□□□□: 4(of 10)

□□□□□□□: 3:37:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechselstelle 1	9.68	55:58	5:46	4	8:23	19	11:54	9.68	55:58	5:46	4	8:23	19	11:54
Wechselstelle 2	11.14	1:01:13	5:29	3	5:13	8	5:16	20.82	1:57:11	5:37	3	3:55	10	13:35
Wechselstelle 3	9.31	49:48	5:20	3	3:05	7	5:35	30.13	2:46:59	5:32	3	7:00	8	16:37
Erfurt	12.10	1:26:58	7:11	8	40:51	26	40:51	42.20	4:13:57	6:01	4	36:25	16	53:44