



3. Erfurter Marathon
Erfurt / 27.08.2016

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Sigi IV

□□: 37

□□: 42.20 km

Erfurt Marathon 4er Staffel

□□□□:

4er Mixstaffel

□□□: 4:46:39

□□: 8.79 km/h

□□□□: 6:47 min/km

□□□□□: 25 (of 29)

□□□□□□: 3:20:13

□□□□□: 7(of 10)

□□□□□□□: 3:37:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechselstelle 1	9.68	1:17:49	8:02	8	30:14	27	33:45	9.68	1:17:49	8:02	8	30:14	27	33:45
Wechselstelle 2	11.14	1:01:05	5:28	2	5:05	6	5:08	20.82	2:18:54	6:40	6	25:38	22	35:18
Wechselstelle 3	9.31	1:00:27	6:29	5	13:44	17	16:14	30.13	3:19:21	6:36	6	39:22	21	48:59
Erfurt	12.10	1:27:18	7:12	9	41:11	27	41:11	42.20	4:46:39	6:47	7	1:09:07	25	1:26:26