



10. Schlaubetalmarathon
Eisenhüttenstadt / 15.10.2016

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Nauck, Heike

□□: BSG Stahl Eisenhüttenstadt
□□: 618

□□: 43.00 km
Schlaubetal-Marathon

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 4:23:41

□□: 9.78 km/h

□□□□□/□□□: 81 (of 132)

□□□□□/□: 9 (of 27)

□□□□□□: 3:35:23

□□□□□: 3(of 8)

□□□□□□□: 3:58:42

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	11.60	1:04:26	10.24	3	5:25	9	9:35	11.60	1:04:26	10.24	3	5:25	9	9:35
□□ 2	9.90	1:02:36	8.63	3	8:00	11	12:36	21.50	2:07:02	9.92	3	13:25	11	22:11
□□ 3	11.10	1:15:35	8.73	4	9:21	12	16:48	32.60	3:22:37	9.48	3	22:46	12	2:11:43
□□□ Inselhalle	10.40	1:01:04	9.83	3	2:13	10	11:28	43.00	4:23:41	9.78	3	24:59	11	3:30:54