



# 4. Erfurt Marathon

Erfurt / 19.08.2017

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Rabbits

□□: 86

□□: 42.30 km

Erfurt Marathon 4er Staffel

□□□□:

Mixstaffel

□□□: 4:11:56

□□: 10.00 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 18 (of 22)

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□□□□□□: 2:53:51

□□□□□: 9(of 11)

□□□□□□□: 2:53:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechselstelle 1	10.30	53:51	5:13	8	14:20	16	14:20	10.30	53:51	5:13	8	14:20	16	14:20
Wechselstelle 2	11.70	1:10:35	6:01	8	22:10	17	22:10	22.00	2:04:26	5:39	7	36:30	16	36:30
Wechselstelle 3	9.50	1:00:10	6:19	8	19:34	18	19:34	31.50	3:04:36	5:51	9	56:04	19	56:04
Erfurt	10.80	1:07:20	6:14	10	22:01	20	22:01	42.30	4:11:56	5:57	9	1:18:05	18	1:18:05