



# 4. Erfurt Marathon

Erfurt / 19.08.2017

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RÖSE, Kristin

00: Hassleber Feld und Wiesenläufer

00: 93

00: 42.30 km

Marathon Nordic Walking

0000:

Frauen

000: 8:09:04

00: 5.15 km/h

0000: 11:34 min/km

00000/000: 3 (of 5)

00000/0: 2 (of 4)

000000: 6:28:52

00000: 2(of 4)

0000000: 6:28:52

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0000

000

| 000                | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nördlichster Punkt | 4.90     | 47:01    | 9:35         | 2       | 6:37    | 2       | 6:37    | 4.90  | 47:01     | 9:35          | 2       | 6:37    | 2       | 6:37    |
| Wechselstelle 1    | 5.40     | 55:19    | 10:14        | 4       | 7:06    | 4       | 7:06    | 10.30 | 1:42:20   | 9:56          | 2       | 13:43   | 2       | 13:43   |
| Wechselstelle 2    | 11.70    | 2:05:55  | 10:45        | 2       | 18:23   | 2       | 18:23   | 22.00 | 3:48:15   | 10:22         | 2       | 32:06   | 2       | 32:06   |
| Südlichster Punkt  | 5.50     | 1:05:13  | 11:51        | 4       | 13:48   | 4       | 13:48   | 27.50 | 4:53:28   | 10:40         | 4       | 45:54   | 4       | 45:54   |
| Wechselstelle 3    | 4.00     | 53:14    | 13:18        | 2       | 14:54   | 2       | 14:54   | 31.50 | 5:46:42   | 11:00         | 4       | 1:00:48 | 4       | 1:00:48 |
| Erfurt             | 10.80    | 2:22:22  | 13:10        | 2       | 39:24   | 2       | 39:24   | 42.30 | 8:09:04   | 11:33         | 2       | 1:40:12 | 2       | 1:40:12 |