



4. Erfurt Marathon

Erfurt / 19.08.2017

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Sahl, Andreas

□□: RSV Arnstadt

□□: 180

□□: 42.30 km

Marathon Einzel

□□□□:

Männer

□□□: 4:06:35

□□: 10.22 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 20 (of 63)

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□□□□□□: 2:59:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nördlichster Punkt	4.90	21:36	4:24	10	2:54	10	2:54	4.90	21:36	4:24	10	2:54	10	2:54
Wechselstelle 1	5.40	26:18	4:52	7	5:45	7	5:45	10.30	47:54	4:39	8	6:43	8	6:43
Wechselstelle 2	11.70	1:03:36	5:26	9	13:44	9	13:44	22.00	1:51:30	5:04	9	20:07	9	20:07
Südlichster Punkt	5.50	41:32	7:33	43	16:52	43	16:52	27.50	2:33:02	5:33	15	36:59	15	36:59
Wechselstelle 3	4.00	26:19	6:34	26	8:34	26	8:34	31.50	2:59:21	5:41	17	45:33	17	45:33
Erfurt	10.80	1:07:14	6:13	26	21:22	26	21:22	42.30	4:06:35	5:49	18	1:06:55	18	1:06:55