



4. Erfurt Marathon

Erfurt / 19.08.2017

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OSTAPENKO, Tanya

□□: Marathon Maniacs

□□: 132

□□: 42.30 km

Marathon Einzel

□□□□:

Frauen

□□□: 4:22:37

□□: 9.60 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 36 (of 63)

□□□□□/□: 4 (of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nördlichster Punkt	4.90	25:18	5:09	3	2:20	3	2:20	4.90	25:18	5:09	3	2:20	3	2:20
Wechselstelle 1	5.40	29:51	5:31	3	2:25	3	2:25	10.30	55:09	5:21	3	4:45	3	4:45
Wechselstelle 2	11.70	1:12:53	6:13	4	12:53	4	12:53	22.00	2:08:02	5:49	3	13:24	3	13:24
Südlichster Punkt	5.50	38:57	7:04	3	7:23	3	7:23	27.50	2:46:59	6:04	3	20:47	3	20:47
Wechselstelle 3	4.00	28:51	7:12	4	24:51	4	24:51	31.50	3:15:50	6:13	3	26:41	3	26:41
Erfurt	10.80	1:06:47	6:11	4	53:15	4	53:15	42.30	4:22:37	6:12	4	31:41	4	31:41