



# 4. Erfurt Marathon

Erfurt / 19.08.2017

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**BECHER, Heiko**

□□: Team Iron Mind

□□: 76

□□: 42.30 km

Marathon Einzel

□□□□:

Männer

□□□: 4:47:23

□□: 8.77 km/h

□□□□: 6:47 min/km

□□□□□/□□□: 51 (of 63)

□□□□□/□: 45 (of 56)

□□□□□□: 2:59:40

□□□□□: 45(of 56)

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| □□□                | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nördlichster Punkt | 4.90     | 25:19    | 5:09         | 37      | 6:37    | 37      | 6:37    | 4.90  | 25:19     | 5:09          | 37      | 6:37    | 37      | 6:37    |
| Wechselstelle 1    | 5.40     | 30:55    | 5:43         | 37      | 10:22   | 37      | 10:22   | 10.30 | 56:14     | 5:27          | 37      | 15:03   | 37      | 15:03   |
| Wechselstelle 2    | 11.70    | 1:19:42  | 6:48         | 45      | 29:50   | 45      | 29:50   | 22.00 | 2:15:56   | 6:10          | 42      | 44:33   | 42      | 44:33   |
| Südlichster Punkt  | 5.50     | 42:20    | 7:41         | 44      | 17:40   | 44      | 17:40   | 27.50 | 2:58:16   | 6:28          | 45      | 1:02:13 | 45      | 1:02:13 |
| Wechselstelle 3    | 4.00     | 32:41    | 8:10         | 44      | 14:56   | 44      | 14:56   | 31.50 | 3:30:57   | 6:41          | 45      | 1:17:09 | 45      | 1:17:09 |
| Erfurt             | 10.80    | 1:16:26  | 7:04         | 39      | 30:34   | 39      | 30:34   | 42.30 | 4:47:23   | 6:47          | 45      | 1:47:43 | 45      | 1:47:43 |