



# 5. Erfurt Marathon

Erfurt / 18.08.2018

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Thüringens Olympia-Reserve I

□□□: 4:14:58

□□: 409

□□: 9.88 km/h

□□□□: 6:04 min/km

□□: 42.00 km

Erfurt Marathon 4er Staffel

□□□□□: 19 (of 24)

□□□□□□: 3:03:06

□□□□:

□□□□□: 4(of 5)

Frauenstaffel

□□□□□□□: 3:53:27

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Wechselstelle 1 | 10.07    | 1:01:13  | 6:04         | 3       | 8:24    | 16        | 18:31     | 10.07 | 1:01:13 | 6:04 | 3       | 8:24    | 16        | 18:31     |
| Wechselstelle 2 | 11.49    | 1:10:02  | 6:05         | 2       | 6:42    | 17        | 19:09     | 21.56 | 2:11:15 | 6:05 | 3       | 12:44   | 17        | 37:40     |
| Wechselstelle 3 | 9.44     | 1:02:44  | 6:38         | 5       | 19:12   | 21        | 21:33     | 31.00 | 3:13:59 | 6:15 | 4       | 20:20   | 21        | 59:13     |
| Erfurt          | 11.00    | 1:00:59  | 5:32         | 4       | 2:31    | 16        | 14:20     | 42.00 | 4:14:58 | 6:04 | 4       | 21:31   | 19        | 1:11:52   |