



# 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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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