



# 5. Erfurt Marathon

Erfurt / 18.08.2018

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#HäufigLäufig

□□: 418

□□: 42.00 km

Erfurt Marathon 4er Staffel

□□□□:

Mixstaffel

□□□: 4:21:27

□□: 9.64 km/h

□□□□: 6:13 min/km

□□□□□: 22 (of 24)

□□□□□□: 3:03:06

□□□□□: 10(of 11)

□□□□□□□: 3:18:06

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Wechselstelle 1 | 10.07    | 1:05:00  | 6:27         | 10      | 20:21   | 23        | 22:18     | 10.07 | 1:05:00 | 6:27 | 10      | 20:21   | 23        | 22:18     |
| Wechselstelle 2 | 11.49    | 1:10:52  | 6:10         | 10      | 14:59   | 19        | 19:59     | 21.56 | 2:15:52 | 6:18 | 11      | 34:49   | 22        | 42:17     |
| Wechselstelle 3 | 9.44     | 57:25    | 6:04         | 7       | 14:25   | 16        | 16:14     | 31.00 | 3:13:17 | 6:14 | 10      | 49:14   | 20        | 58:31     |
| Erfurt          | 11.00    | 1:08:10  | 6:11         | 10      | 19:03   | 20        | 21:31     | 42.00 | 4:21:27 | 6:13 | 10      | 1:03:21 | 22        | 1:18:21   |