



# 6. Erfurt Marathon

Erfurt / 24.08.2019

□□□□

Ewerling, Lena

□□: Circulum Berlin

□□: 303

□□: 42.00 km

Marathon Einrad

□□□□:

Frauen

□□□: 4:01:09

□□: 10.45 km/h

□□□□: 5:44 min/km

□□□□□/□□□: 7 (of 11)

□□□□□/□: 3 (of 4)

□□□□□□: 3:01:17

□□□□□: 3(of 4)

□□□□□□□: 3:01:17

□□□□

□□□□

□□□

| □□□                | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| nördlichster Punkt | 4.50     | 16:52    | 3:44         | 3       | 0:26    | 3       | 0:26    | 4.50  | 16:52   | 3:44 | 3       | 0:26    | 3       | 0:26    |
| Wechselstelle 1    | 5.00     | 20:38    | 4:07         | 3       | 0:33    | 3       | 0:33    | 9.50  | 37:30   | 3:56 | 3       | 0:44    | 3       | 0:44    |
| Wechselstelle 2    | 11.00    | 1:00:16  | 5:28         | 3       | 8:59    | 3       | 8:59    | 20.50 | 1:37:46 | 4:46 | 3       | 9:43    | 3       | 9:43    |
| südlichster Punkt  | 6.50     | 50:38    | 7:47         | 4       | 22:26   | 4       | 22:26   | 27.00 | 2:28:24 | 5:29 | 3       | 32:09   | 3       | 32:09   |
| Wechselstelle 3    | 4.00     | 29:50    | 7:27         | 3       | 10:52   | 3       | 10:52   | 31.00 | 2:58:14 | 5:44 | 3       | 43:01   | 3       | 43:01   |
| Nordpark Erfurt    | 11.00    | 1:02:55  | 5:43         | 4       | 16:51   | 4       | 16:51   | 42.00 | 4:01:09 | 5:44 | 3       | 59:52   | 3       | 59:52   |