



# 6. Erfurt Marathon

Erfurt / 24.08.2019

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**Wolf, Heiko**

00: Erfurt

00: 71

00: 42.00 km

Marathon Einzel

0000:

Männer

000: 4:21:01

00: 9.65 km/h

0000: 6:13 min/km

00000/000: 28 (of 66)

00000/0: 25 (of 54)

000000: 2:46:58

00000: 25(of 54)

0000000: 2:46:58

0000

0000

000

| 000                | 00<br>km | 00<br>00 min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 min/km | 000<br>- | 00<br>- | 00<br>0 | 00<br>0 |         |
|--------------------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|---------|---------|---------|---------|
| nördlichster Punkt | 4.50     | 24:52           | 5:31    | 46      | 8:26    | 46      | 4.50      | 24:52            | 5:31     | 46      | 8:26    | 46      | 8:26    |
| Wechselstelle 1    | 5.00     | 30:59           | 6:11    | 40      | 9:45    | 40      | 9.50      | 55:51            | 5:52     | 45      | 18:11   | 45      | 18:11   |
| Wechselstelle 2    | 11.00    | 1:10:24         | 6:24    | 30      | 22:57   | 30      | 20.50     | 2:06:15          | 6:09     | 38      | 41:08   | 38      | 41:08   |
| südlichster Punkt  | 6.50     | 33:41           | 5:10    | 23      | 11:00   | 23      | 27.00     | 2:39:56          | 5:55     | 30      | 52:08   | 30      | 52:08   |
| Wechselstelle 3    | 4.00     | 25:37           | 6:24    | 20      | 8:40    | 20      | 31.00     | 3:05:33          | 5:59     | 25      | 1:00:48 | 25      | 1:00:48 |
| Nordpark Erfurt    | 11.00    | 1:15:28         | 6:51    | 28      | 33:15   | 28      | 42.00     | 4:21:01          | 6:12     | 25      | 1:34:03 | 25      | 1:34:03 |