



# 5. Erfurter Campuslauf

Erfurt / 22.05.2019

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## CABOF - Die Mixed-Runners

□□: CABOF - Die Mixed-Runners  
 □□: 19

□□: 10.00 km  
 Teamlauf

□□□□:  
 Team Männer/Mix

□□□: 42:04

□□: 14.26 km/h  
 □□□□: 4:13 min/km

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□□□□□□: 29:55

□□□□□: 18(of 23)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□□
Runde	0.40	1:24	3:29	16	0:20	18	0:20	0.40	1:24	3:29	16	0:20	18	0:20	
Runde	0.40	1:40	4:10	20	0:32	24	0:32	0.80	3:04	3:50	18	0:50	21	0:50	
Runde	0.40	1:45	4:22	22	0:37	26	0:37	1.20	4:49	4:00	22	1:24	26	1:24	
Runde	0.40	1:54	4:44	22	0:45	27	0:45	1.60	6:43	4:11	21	2:08	26	2:08	
Runde	0.40	1:33	3:52	16	0:27	19	0:27	2.00	8:16	4:08	21	2:35	25	2:35	
Runde	0.40	1:25	3:32	7	0:12	8	0:12	2.40	9:41	4:02	19	2:44	23	2:44	
Runde	0.40	1:36	4:00	16	0:29	17	0:29	2.80	11:17	4:01	19	3:12	23	3:12	
Runde	0.40	1:43	4:17	17	0:31	21	0:31	3.20	13:00	4:03	19	3:42	23	3:42	
Runde	0.40	2:04	5:10	22	0:55	27	0:55	3.60	15:04	4:11	22	4:37	26	4:37	
Runde	0.40	1:38	4:04	17	0:29	19	0:29	4.00	16:42	4:10	21	4:59	25	4:59	
Runde	0.40	1:32	3:50	11	0:21	12	0:21	4.40	18:14	4:08	20	5:20	23	5:20	
Runde	0.40	1:35	3:57	10	0:19	12	0:19	4.80	19:49	4:07	19	5:39	22	5:39	
Runde	0.40	1:45	4:22	18	0:35	22	0:35	5.20	21:34	4:08	20	6:14	23	6:14	
Runde	0.40	2:03	5:07	21	0:48	26	0:48	5.60	23:37	4:13	20	7:02	23	7:02	
Runde	0.40	1:39	4:07	17	0:29	20	0:29	6.00	25:16	4:12	19	7:31	22	7:31	
Runde	0.40	1:31	3:47	10	0:15	10	0:15	6.40	26:47	4:11	19	7:45	22	7:45	
Runde	0.40	1:33	3:52	11	0:24	13	0:24	6.80	28:20	4:09	19	8:09	22	8:09	
Runde	0.40	1:42	4:15	16	0:29	18	0:29	7.20	30:02	4:10	18	8:34	21	8:34	
Runde	0.40	2:01	5:02	20	0:51	23	0:51	7.60	32:03	4:13	20	9:25	23	9:25	
Runde	0.40	1:39	4:07	13	0:29	16	0:29	8.00	33:42	4:12	19	9:47	22	9:47	
Runde	0.40	1:32	3:50	11	0:21	13	0:21	8.40	35:14	4:11	18	10:08	21	10:08	
Runde	0.40	1:30	3:45	13	0:14	14	0:14	8.80	36:44	4:10	19	10:22	22	10:22	
Runde	0.40	1:42	4:15	14	0:32	16	0:32	9.20	38:26	4:10	18	10:53	21	10:53	
Runde	0.40	1:59	4:57	20	0:45	25	0:45	9.60	40:25	4:12	19	11:38	22	11:38	
Ziel	0.40	1:39	4:07	15	0:31	17	0:31	10.00	42:04	4:12	18	12:09	21	12:09	