



Steinmetz, Sebastian

□□: Erfurt □□: 382

□□: 21.10 km Halbmarathon

Senioren M30 (30-34 Jahre)

□□□: 1:47:22

□□: 11.74 km/h

□□□□: 5:05 min/km

\_\_\_\_\_: 33 (of 82)

\_\_\_\_/\_: 31 (of 64)

[][][]: 1:15:54

\_\_\_\_: 5(of 7)

\_\_\_\_: 1:43:16

	km		min/km	-	-			km		min/km	-	-		
Frankenroda	11.70	1:04:17	5:29	6	6:32	34	21:22	11.70	1:04:17	5:29	6	6:32	34	21:22
Uferstraße in Tre	9.40	43:05	4:34	1	-	13	10:06	21.10	1:47:22	5:05	5	4:06	31	31:28