



Montag, Carl-Sönje

☐: Duisburg☐: 346

□□: 21.10 km Halbmarathon

Senioren M35 (35-39 Jahre)

□□□: 1:56:35

□□: 10.86 km/h

□□□□: 5:32 min/km

_____: 46 (of 82)

____/_: 39 (of 64)

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

□□□□: 10(of 16)

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	km		min/km	-	-			km		min/km	-	-		
Frankenroda	11.70	1:07:35	5:46	14	24:40	46	24:40	11.70	1:07:35	5:46	14	24:40	46	24:40
Uferstraße in Tre	9.40	49:00	5:12	9	16:01	34	16:01	21.10	1:56:35	5:31	10	40:41	39	40:41