



Malzahn, Helger

□□: SSV Erfurt 02 e.V.

□□: 438

□□: 42.20 km Marathon

Senioren M40 (40-44 Jahre)

□□□: 3:32:15

□□: 11.93 km/h

□□□□: 5:02 min/km

_____: 11 (of 73)

____/_: 10 (of 66)

[][][]: 2:46:25

□□□□: 4(of 9)

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	km		min/km	-	-			km		min/km	-	-		
Ifta	11.70	1:01:28	5:15	5	16:16	15	16:16	11.70	1:01:28	5:15	5	16:16	15	16:16
Buchenau	11.80	58:08	4:55	5	13:00	14	13:00	23.50	1:59:36	5:05	5	29:16	16	29:16
Frankenroda	9.40	46:47	4:58	4	8:44	10	27:23	32.90	2:46:23	5:03	5	38:00	14	38:00
Uferstraße in Tre	9.30	45:52	4:55	4	7:50	6	7:50	42.20	3:32:15	5:01	4	45:50	10	45:50