



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Enzian, Iris

□□: Sc impuls erfurt

□□: 434

□□: 42.20 km

Marathon

□□□□:

Frauen W45

□□□: 5:08:16

□□: 8.21 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 200 (of 305)

□□□□□/□: 12 (of 26)

□□□□□□: 3:58:39

□□□□□: 3(of 6)

□□□□□□□: 5:01:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:07:00	6:21	2	0:50	8	11:42	10.55	1:07:00	6:21	3	0:50	7		
2. Runde	10.55	1:21:11	7:41	5	8:04	22	22:34	21.10	2:28:11	7:01	3	7:33	14	0:04	
3. Runde	10.55	1:19:23	7:31	3	1:18	11	18:18	31.65	3:47:34	7:11	3	8:50	14	0:03	
Ziel	10.55	1:20:42	7:38	1	-	4	21:53	42.20	5:08:16	7:18	4	3:38:16	14	3:40:28	