



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Hertz, Gisela

□□: Marathon Steinfurt

□□: 148

□□: 42.20 km

Marathon

□□□□:

Frauen W50

□□□: 5:15:27

□□: 8.03 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 215 (of 305)

□□□□□/□: 14 (of 26)

□□□□□□: 3:58:39

□□□□□: 3(of 4)

□□□□□□□: 4:48:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:09:05	6:32	3	5:56	13	13:47	10.55	1:09:05	6:32	3	5:56	12		
2. Runde	10.55	1:18:07	7:24	4	7:34	20	19:30	21.10	2:27:12	6:58	3	13:30	12		
3. Runde	10.55	1:21:29	7:43	3	8:21	13	20:24	31.65	3:48:41	7:13	3	21:51	12	1:10	
Ziel	10.55	1:26:46	8:13	3	5:29	17	27:57	42.20	5:15:27	7:28	3	27:20	16	3:47:39	