

8. Unter-Tage-Sparkassen Marathon Bürgman- Schacht, Sondershausen / 05.12.2009



Jannasch-Fleischer, Bianka

□□: Lauftreff Nauen-Falkensee

□□: 316

□□: 42.20 km

Marathon

Frauen W50

□□□: 5:15:55

□□: 7.98 km/h

□□□: 7:29 min/km

______: 225 (of 292)

□□□□/□: 16 (of 25)

____: 4:02:42

□□□□: 2(of 6)

____: 4:41:26

	km		min/km	-	-			km		min/km	-	-		
1	12.50	1:25:16	6:49	3	7:25	16	17:07	12.50	1:25:16	6:49	2	7:25	11	1:02
□□ 2	10.55	1:16:51	7:17	2	6:41	13	17:03	23.05	2:42:07	7:01	2	14:06	7	26:53
□□ 3	10.55	1:25:59	8:09	2	10:09	18	22:05	33.60	4:08:06	7:23	2	24:15	10	4:45
000 00	8.60	1:07:49	7:53	3	10:14	19	18:45	42.20	5:15:55	7:29	2	34:29	16	1:13:13