



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

0000

SCHMIDT, Bernd

00: Geschwenda

00: 320

00: 42.16 km

Marathon

0000:

Männer M45

000: 4:45:40

00: 8.86 km/h

0000: 6:47 min/km

00000/000: 157 (of 289)

00000/0: 151 (of 261)

000000: 3:20:36

00000: 30(of 50)

0000000: 3:39:13

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	5.27	30:57	5:52	22	7:34	114	8:35	5.27	30:57	5:52	6		160	
00 2	5.27	31:33	5:59	26	6:56	134	8:07	10.54	1:02:30	5:55	6		125	
00 3	5.27	31:36	5:59	24	6:15	124	7:58	15.81	1:34:06	5:57	6		155	
00 4	5.27	33:50	6:25	28	7:00	151	9:12	21.08	2:07:56	6:04	6		123	
00 5	5.27	35:28	6:43	30	7:50	156	10:09	26.35	2:43:24	6:12	7		40	40:35
00 6	5.27	39:19	7:27	34	11:07	180	13:28	31.62	3:22:43	6:24	6		134	53:57
00 7	5.27	39:26	7:28	30	11:15	144	13:19	36.89	4:02:09	6:33	47		238	1:07:16
000 Ziel	5.27	43:31	8:15	38	15:08	186	17:48	42.16	4:45:40	6:46	31	3:24:54	161	4:18:53