



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

0000

VOIGT, Helmut

00: Laatzten

00: 386

00: 42.16 km

Marathon

0000:

Männer M60

000: 4:50:56

00: 8.69 km/h

0000: 6:54 min/km

00000/000: 172 (of 289)

00000/0: 162 (of 261)

000000: 3:20:36

00000: 3(of 6)

0000000: 3:30:58

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	31:55	6:03	3	6:57	140	9:33	5.27	31:55	6:03	3	6:57	172	
00 2	5.27	35:13	6:40	3	10:06	205	11:47	10.54	1:07:08	6:22	6	17:03	250	
00 3	5.27	35:03	6:39	3	10:32	191	11:25	15.81	1:42:11	6:27	3	27:35	167	
00 4	5.27	38:07	7:13	3	12:29	217	13:29	21.08	2:20:18	6:39	3	40:04	133	8:38
00 5	5.27	35:42	6:46	3	9:17	159	10:23	26.35	2:56:00	6:40	3	49:21	159	53:11
00 6	5.27	37:16	7:04	2	9:08	146	11:25	31.62	3:33:16	6:44	3	58:29	146	1:04:30
00 7	5.27	38:53	7:22	2	10:36	130	12:46	36.89	4:12:09	6:50	2	10:28	141	1:17:16
000 Ziel	5.27	38:47	7:21	3	10:53	125	13:04	42.16	4:50:56	6:54	3	1:19:58	173	4:24:09