



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

0000

RAVN, Henrik

00: Tjaereborg

00: 287

00: 42.16 km

Marathon

0000:

Männer M35

000: 5:13:07

00: 8.08 km/h

0000: 7:26 min/km

00000/000: 224 (of 289)

00000/0: 207 (of 261)

000000: 3:20:36

00000: 36(of 42)

0000000: 3:29:26

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	38:59	7:23	40	16:37	255	16:37	5.27	38:59	7:23	18	4:28	217	0:01
00 2	5.27	33:06	6:16	31	9:40	167	9:40	10.54	1:12:05	6:50	16	10:20	158	
00 3	5.27	33:22	6:19	30	9:44	163	9:44	15.81	1:45:27	6:40	18	3:02	212	
00 4	5.27	35:35	6:45	34	10:33	184	10:57	21.08	2:21:02	6:41	14	2:52	172	9:22
00 5	5.27	36:40	6:57	33	10:31	175	11:21	26.35	2:57:42	6:44	17	8:07	196	54:53
00 6	5.27	41:52	7:56	36	15:21	203	16:01	31.62	3:39:34	6:56	16	7:11	191	1:10:48
00 7	5.27	46:59	8:54	38	19:20	218	20:52	36.89	4:26:33	7:13	15	13:29	183	1:31:40
000 Ziel	5.27	46:34	8:50	35	19:57	208	20:51	42.16	5:13:07	7:25	39	3:47:14	218	4:46:20