



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

0000

NIKISCH, Frank

00: LC Auensee Leipzig

00: 248

00: 42.16 km

Marathon

0000:

Männer M60

000: 5:38:45

00: 7.47 km/h

0000: 8:02 min/km

00000/000: 255 (of 289)

00000/0: 233 (of 261)

000000: 3:20:36

00000: 4(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	36:44	6:58	4	11:46	228	14:22	5.27	36:44	6:58	4	11:46	208	
00 2	5.27	36:47	6:58	4	11:40	232	13:21	10.54	1:13:31	6:58	3	23:26	178	
00 3	5.27	37:55	7:11	5	13:24	238	14:17	15.81	1:51:26	7:02	4	36:50	238	
00 4	5.27	40:18	7:38	5	14:40	241	15:40	21.08	2:31:44	7:11	4	51:30	196	20:04
00 5	5.27	44:07	8:22	4	17:42	238	18:48	26.35	3:15:51	7:25	4	1:09:12	217	1:13:02
00 6	5.27	46:36	8:50	4	18:28	235	20:45	31.62	4:02:27	7:40	4	1:27:40	214	1:33:41
00 7	5.27	47:25	8:59	5	19:08	222	21:18	36.89	4:49:52	7:51	3	48:11	209	1:54:59
000 Ziel	5.27	48:53	9:16	6	20:59	221	23:10	42.16	5:38:45	8:02	4	2:07:47	244	5:11:58