



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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FREDRICH, Wolfgang

□□: CaBa`s CaBaNauTeN
 □□: 80

□□: 31.62 km
 3/4 Marathon

□□□□:
 Männer M45

□□□: 4:12:15

□□: 7.37 km/h
 □□□□: 7:59 min/km

□□□□□/□□□: 20 (of 23)

□□□□□/□: 20 (of 21)

□□□□□□: 2:26:37

□□□□□: 5(of 5)

□□□□□□□: 3:04:24

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	5.27	37:44	7:09	5	8:02	21	16:06	5.27	37:44	7:09	4	8:02	4	4:19
□□ 2	5.27	39:22	7:28	5	9:55	21	16:57	10.54	1:17:06	7:18	1	-	2	29:57
□□ 3	5.27	39:45	7:32	5	9:34	21	16:25	15.81	1:56:51	7:23	4	26:23	4	17:46
□□ 4	5.27	42:05	7:59	5	11:50	21	17:34	21.08	2:38:56	7:32	4	38:13	4	24:00
□□ 5	5.27	45:18	8:35	5	14:02	19	20:17	26.35	3:24:14	7:45	4	52:15	4	32:30
□□□ Ziel	5.27	48:01	9:06	5	15:36	15	18:19	31.62	4:12:15	7:58	5	1:07:51	20	1:45:38