



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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SINGER, Stefan

□□□: 4:41:42

□□: Diedorf

□□: 8.95 km/h

□□: 347

□□□□: 6:41 min/km

□□: 42.16 km

□□□□□/□□□: 147 (of 289)

Marathon

□□□□□/□: 142 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 25(of 50)

Männer M45

□□□□□□□: 3:39:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	34:44	6:35	45	11:21	202	12:22	5.27	34:44	6:35	14	3:04	152		
□□ 2	5.27	34:05	6:28	38	9:28	189	10:39	10.54	1:08:49	6:31	11	4:07	120		
□□ 3	5.27	33:59	6:26	32	8:38	176	10:21	15.81	1:42:48	6:30	14	2:08	147		
□□ 4	5.27	34:17	6:30	30	7:27	163	9:39	21.08	2:17:05	6:30	12	0:02	118	5:25	
□□ 5	5.27	34:34	6:33	26	6:56	136	9:15	26.35	2:51:39	6:30	13		140	48:50	
□□ 6	5.27	36:05	6:50	25	7:53	124	10:14	31.62	3:27:44	6:34	14		126	58:58	
□□ 7	5.27	36:52	6:59	21	8:41	98	10:45	36.89	4:04:36	6:37	13		129	1:09:43	
□□□ Ziel	5.27	37:06	7:02	22	8:43	103	11:23	42.16	4:41:42	6:40	26	3:20:56	152	4:14:55	