



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

HEINEMANN, Ines

□□□: 4:49:44

□□: Weimar

□□: 8.70 km/h

□□: 111

□□□□: 6:52 min/km

□□: 42.16 km

□□□□□/□□□: 164 (of 289)

Marathon

□□□□□/□: 9 (of 28)

□□□□□□: 4:05:29

□□□□:

□□□□□: 2(of 2)

Frauen W40

□□□□□□□: 4:48:48

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 31:33 | 5:59 | 2 | 2:43 | 8 | 3:48 | 5.27 | 31:33 | 5:59 | 2 | 2:43 | 19 | 0:12 |
| □□ 2 | 5.27 | 34:09 | 6:28 | 2 | 5:03 | 11 | 5:03 | 10.54 | 1:05:42 | 6:14 | 2 | 7:46 | 13 | |
| □□ 3 | 5.27 | 35:00 | 6:38 | 2 | 3:15 | 10 | 5:57 | 15.81 | 1:40:42 | 6:22 | 2 | 11:01 | 18 | |
| □□ 4 | 5.27 | 36:19 | 6:53 | 2 | 3:32 | 11 | 7:01 | 21.08 | 2:17:01 | 6:29 | 2 | 14:33 | 19 | |
| □□ 5 | 5.27 | 38:21 | 7:16 | 2 | 3:21 | 13 | 8:35 | 26.35 | 2:55:22 | 6:39 | 2 | 17:54 | 16 | |
| □□ 6 | 5.27 | 39:02 | 7:24 | 2 | 0:35 | 13 | 8:16 | 31.62 | 3:34:24 | 6:46 | 2 | 18:29 | 17 | |
| □□ 7 | 5.27 | 38:26 | 7:17 | 1 | - | 9 | 6:33 | 36.89 | 4:12:50 | 6:51 | 1 | - | 17 | 38:05 |
| □□□ Ziel | 5.27 | 36:54 | 7:00 | 1 | - | 6 | 4:41 | 42.16 | 4:49:44 | 6:52 | 2 | 0:56 | 10 | 3:20:03 |