



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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DILLING, Daniela

□□: LG Nord Berlin
 □□: 48

□□: 42.16 km
 Marathon

□□□□:
 Frauen W45

□□□: 5:12:40

□□: 8.06 km/h
 □□□□: 7:25 min/km

□□□□□/□□□: 222 (of 289)

□□□□□/□: 17 (of 28)

□□□□□□: 4:05:29

□□□□□: 5(of 8)

□□□□□□□: 4:08:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	34:39	6:34	3	6:54	14	6:54	5.27	34:39	6:34	5	6:54	11	3:18
□□ 2	5.27	36:45	6:58	5	7:31	19	7:39	10.54	1:11:24	6:46	4	14:25	6	0:16
□□ 3	5.27	37:33	7:07	6	7:50	19	8:30	15.81	1:48:57	6:53	5	22:15	10	3:58
□□ 4	5.27	39:10	7:25	6	8:40	17	9:52	21.08	2:28:07	7:01	5	30:55	11	3:34
□□ 5	5.27	41:08	7:48	5	9:32	17	11:22	26.35	3:09:15	7:10	8	40:27	26	5:38
□□ 6	5.27	41:06	7:47	4	8:37	15	10:20	31.62	3:50:21	7:17	4	42:50	10	9:16
□□ 7	5.27	41:26	7:51	4	9:21	13	9:33	36.89	4:31:47	7:22	5	57:02	10	57:02
□□□ Ziel	5.27	40:53	7:45	5	8:21	13	8:40	42.16	5:12:40	7:24	5	1:04:24	18	3:42:59