



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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BANATZKI, Ilka Maria

□□□: 5:18:23

□□: DJK Preussen 1911 Bochum

□□: 7.91 km/h

□□: 10

□□□□: 7:33 min/km

□□: 42.16 km

□□□□□/□□□□: 228 (of 289)

Marathon

□□□□□/□: 18 (of 28)

□□□□□□: 4:05:29

□□□□:

□□□□□: 6(of 8)

Frauen W45

□□□□□□□: 4:08:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	37:41	7:09	8	9:56	24	9:56	5.27	37:41	7:09	6	9:56	10	6:20
□□ 2	5.27	36:57	7:00	6	7:43	20	7:51	10.54	1:14:38	7:04	5	17:39	5	3:30
□□ 3	5.27	37:17	7:04	5	7:34	18	8:14	15.81	1:51:55	7:04	6	25:13	9	6:56
□□ 4	5.27	38:55	7:23	5	8:25	16	9:37	21.08	2:30:50	7:09	6	33:38	10	6:17
□□ 5	5.27	41:13	7:49	6	9:37	18	11:27	26.35	3:12:03	7:17	3	43:15	10	8:26
□□ 6	5.27	42:55	8:08	7	10:26	19	12:09	31.62	3:54:58	7:25	5	47:27	9	13:53
□□ 7	5.27	41:27	7:51	5	9:22	14	9:34	36.89	4:36:25	7:29	6	1:01:40	9	1:01:40
□□□ Ziel	5.27	41:58	7:57	6	9:26	16	9:45	42.16	5:18:23	7:33	6	1:10:07	19	3:48:42