



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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SPITZNER, Monika

□□□: 5:51:14

□□: LT Nauen-Falkensee

□□: 7.17 km/h

□□: 350

□□□□: 8:20 min/km

□□: 42.16 km

□□□□□/□□□: 266 (of 289)

Marathon

□□□□□/□: 25 (of 28)

□□□□□□: 4:05:29

□□□□:

□□□□□: 8(of 8)

Frauen W45

□□□□□□□: 4:08:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	36:15	6:52	5	8:30	18	8:30	5.27	36:15	6:52	8	8:30	3	4:54	
□□ 2	5.27	38:47	7:21	8	9:33	24	9:41	10.54	1:15:02	7:07	7	18:03	17	3:54	
□□ 3	5.27	41:48	7:55	8	12:05	26	12:45	15.81	1:56:50	7:23	8	30:08	3	11:51	
□□ 4	5.27	43:08	8:11	8	12:38	25	13:50	21.08	2:39:58	7:35	8	42:46	3	15:25	
□□ 5	5.27	47:15	8:57	8	15:39	26	17:29	26.35	3:27:13	7:51	5	58:25	3	23:36	
□□ 6	5.27	48:11	9:08	8	15:42	26	17:25	31.62	4:15:24	8:04	7	1:07:53	3	34:19	
□□ 7	5.27	46:09	8:45	8	14:04	23	14:16	36.89	5:01:33	8:10	8	1:26:48	2	1:26:48	
□□□ Ziel	5.27	49:41	9:25	8	17:09	26	17:28	42.16	5:51:14	8:19	8	1:42:58	26	4:21:33	