



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Lammers, Stefan

□□□: 3:46:09

□□: LSF Münster

□□: 8.22 km/h

□□: 211

□□□□: 7:09 min/km

□□: 31.62 km

□□□□□/□□□: 17 (of 23)

3/4 Marathon

□□□□□/□: 17 (of 22)

□□□□□□: 2:46:55

□□□□:

□□□□□: 6(of 6)

Männer M40

□□□□□□□: 3:14:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	35:19	6:42	6	10:02	18	10:02	5.27	35:19	6:42	6	7:04	7	1:44	
Runde	5.27	33:30	6:21	6	6:08	12	6:41	10.54	1:08:49	6:31	6	10:13	7	1:29	
Runde	5.27	33:18	6:19	5	4:17	9	6:26	15.81	1:42:07	6:27	6	13:25	7	1:17	
Runde	5.27	34:19	6:30	5	3:55	8	6:23	21.08	2:16:26	6:28	6	17:20	7		
Runde	5.27	38:07	7:13	5	6:15	12	9:48	26.35	2:54:33	6:37	6	23:35	7		
Runde	5.27	51:36	9:47	5	11:57	18	20:28	31.62	3:46:09	7:09	6	31:37	17	59:14	