



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Tschapka, Frank

□□□: 4:12:45

□□: Uniblutbank Magdeburg

□□: 9.97 km/h

□□: 410

□□□□: 6:00 min/km

□□: 42.16 km

□□□□□/□□□: 59 (of 311)

Marathon

□□□□□/□: 55 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 13(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	5.27	27:25	5:12	10	4:39	38	5:42	5.27	27:25	5:12	45	-	61	
Runde	5.27	29:31	5:36	18	5:50	69	7:48	10.54	56:56	5:24	44	-	56	13:30
Runde	5.27	30:22	5:45	20	5:39	80	8:07	15.81	1:27:18	5:31	44	-	56	21:37
Runde	5.27	31:05	5:53	20	5:19	77	8:17	21.08	1:58:23	5:36	44	-	56	29:54
Runde	5.27	31:09	5:54	15	4:39	54	8:33	26.35	2:29:32	5:40	44	-	56	38:27
Runde	5.27	33:20	6:19	17	5:11	67	10:48	31.62	3:02:52	5:46	44	-	56	49:15
Runde	5.27	34:27	6:32	15	6:00	60	11:15	36.89	3:37:19	5:53	44	-	55	1:00:30
Runde	5.27	35:26	6:43	15	8:26	70	19:41	42.16	4:12:45	5:59	14	3:19:23	61	3:19:23