



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Gierer, Philip

□□□: 4:19:08

□□: TC FIKO Rostock

□□: 9.72 km/h

□□: 100

□□□□: 6:09 min/km

□□: 42.16 km

□□□□□/□□□: 77 (of 311)

Marathon

□□□□□/□: 72 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 19(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:48	5:50	24	8:02	100	9:05	5.27	30:48	5:50	51	-	78	0:15
Runde	5.27	32:46	6:13	36	9:05	144	11:03	10.54	1:03:34	6:01	50	-	73	20:08
Runde	5.27	32:39	6:11	26	7:56	123	10:24	15.81	1:36:13	6:05	50	-	73	30:32
Runde	5.27	33:34	6:22	28	7:48	130	10:46	21.08	2:09:47	6:09	50	-	73	41:18
Runde	5.27	32:35	6:10	22	6:05	86	9:59	26.35	2:42:22	6:09	50	-	73	51:17
Runde	5.27	32:29	6:09	13	4:20	59	9:57	31.62	3:14:51	6:09	50	-	73	1:01:14
Runde	5.27	33:26	6:20	10	4:59	45	10:14	36.89	3:48:17	6:11	50	-	72	1:11:28
Runde	5.27	30:51	5:51	4	3:51	22	15:06	42.16	4:19:08	6:08	20	3:25:46	78	3:25:46