



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Nordmann, Malte

□□: Pankow Team 07

□□: 274

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 4:26:45

□□: 9.45 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 94 (of 311)

□□□□□/□: 87 (of 279)

□□□□□□: 3:02:44

□□□□□: 13(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:13	5:44	9	4:58	83	8:30	5.27	30:13	5:44	25	-	-	92	
Runde	5.27	29:52	5:40	7	4:51	76	8:09	10.54	1:00:05	5:42	25	-	-	87	16:39
Runde	5.27	30:20	5:45	6	4:18	79	8:05	15.81	1:30:25	5:43	25	-	-	87	24:44
Runde	5.27	31:29	5:58	8	5:33	83	8:41	21.08	2:01:54	5:46	25	-	-	87	33:25
Runde	5.27	32:49	6:13	13	6:30	87	10:13	26.35	2:34:43	5:52	25	-	-	87	43:38
Runde	5.27	34:37	6:34	11	7:20	84	12:05	31.62	3:09:20	5:59	25	-	-	87	55:43
Runde	5.27	37:43	7:09	15	10:04	104	14:31	36.89	3:47:03	6:09	25	-	-	86	1:10:14
Runde	5.27	39:42	7:31	21	14:04	140	23:57	42.16	4:26:45	6:19	13	57:38	-	93	3:33:23