



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Querfurt, Matthias

00: DjK Preußen Bochum e.V.
00: 302

00: 42.16 km
Marathon

0000:
Männer M40

000: 4:32:18

00: 9.29 km/h
0000: 6:28 min/km

00000/000: 109 (of 311)

00000/0: 102 (of 279)

000000: 3:02:44

00000: 25(of 62)

0000000: 3:33:30

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	31:19	5:56	30	8:33	115	9:36	5.27	31:19	5:56	53		94	0:46
Runde	5.27	31:27	5:58	25	7:46	114	9:44	10.54	1:02:46	5:57	56		102	19:20
Runde	5.27	32:40	6:11	27	7:57	124	10:25	15.81	1:35:26	6:02	56		102	29:45
Runde	5.27	33:32	6:21	27	7:46	128	10:44	21.08	2:08:58	6:07	56		102	40:29
Runde	5.27	34:42	6:35	27	8:12	117	12:06	26.35	2:43:40	6:12	56		102	52:35
Runde	5.27	35:42	6:46	25	7:33	102	13:10	31.62	3:19:22	6:18	52		89	1:05:45
Runde	5.27	36:33	6:56	22	8:06	86	13:21	36.89	3:55:55	6:23	56		101	1:19:06
Runde	5.27	36:23	6:54	19	9:23	81	20:38	42.16	4:32:18	6:27	26	3:38:56	108	3:38:56