



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hanstein, Arnd

□□□: 4:33:55

□□: TG Lispenhausen - Triathlon Team 3ender
 □□: 120

□□: 9.23 km/h
 □□□□: 6:30 min/km

□□: 42.16 km
 Marathon

□□□□□/□□□: 112 (of 311)

□□□□□/□: 105 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 26(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	5.27	29:55	5:40	16	7:09	77	8:12	5.27	29:55	5:40	58	-	-	110
Runde	5.27	30:38	5:48	22	6:57	99	8:55	10.54	1:00:33	5:44	57	-	-	105 17:07
Runde	5.27	31:27	5:58	23	6:44	101	9:12	15.81	1:32:00	5:49	57	-	-	105 26:19
Runde	5.27	32:33	6:10	23	6:47	105	9:45	21.08	2:04:33	5:54	57	-	-	105 36:04
Runde	5.27	34:02	6:27	25	7:32	106	11:26	26.35	2:38:35	6:01	57	-	-	105 47:30
Runde	5.27	41:25	7:51	42	13:16	199	18:53	31.62	3:20:00	6:19	57	-	-	105 1:06:23
Runde	5.27	36:39	6:57	23	8:12	89	13:27	36.89	3:56:39	6:24	57	-	-	104 1:19:50
Runde	5.27	37:16	7:04	27	10:16	97	21:31	42.16	4:33:55	6:29	27	3:40:33	-	111 3:40:33