



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Kempfer, Thomas

00: TV Hilpoltstein

00: 173

00: 42.16 km

Marathon

0000:

Männer M35

000: 4:45:41

00: 8.85 km/h

0000: 6:47 min/km

00000/000: 143 (of 311)

00000/0: 135 (of 279)

000000: 3:02:44

00000: 21(of 35)

0000000: 3:26:19

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	32:01	6:04	21	8:40	141	10:18	5.27	32:01	6:04	4			141	1:28
Runde	5.27	33:20	6:19	24	8:44	159	11:37	10.54	1:05:21	6:12	3	0:42		136	21:55
Runde	5.27	33:53	6:25	27	9:05	153	11:38	15.81	1:39:14	6:16	3			136	33:33
Runde	5.27	34:41	6:34	21	9:10	150	11:53	21.08	2:13:55	6:21	3			136	45:26
Runde	5.27	36:13	6:52	22	10:09	149	13:37	26.35	2:50:08	6:27	3			136	59:03
Runde	5.27	37:58	7:12	20	11:39	145	15:26	31.62	3:28:06	6:34	3			136	1:14:29
Runde	5.27	38:24	7:17	16	11:18	119	15:12	36.89	4:06:30	6:40	3			135	1:29:41
Runde	5.27	39:11	7:26	21	12:33	134	23:26	42.16	4:45:41	6:46	22	3:43:58		141	3:52:19