



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Pap, Katharina

□□: TC FIKO Rostock

□□: 281

□□: 42.16 km

Marathon

□□□□:

Frauen W20

□□□: 4:46:41

□□: 8.79 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 149 (of 311)

□□□□□/□: 10 (of 32)

□□□□□□: 3:54:55

□□□□□: 1(of 4)

□□□□□□□: 4:46:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:44	6:12	1	-	11	6:31	5.27	32:44	6:12	1	-	21		
Runde	5.27	33:51	6:25	1	-	10	7:00	10.54	1:06:35	6:19	1	-	21		
Runde	5.27	33:30	6:21	1	-	9	5:17	15.81	1:40:05	6:19	1	-	21		
Runde	5.27	34:22	6:31	1	-	9	5:08	21.08	2:14:27	6:22	1	-	21		
Runde	5.27	34:43	6:35	1	-	8	4:16	26.35	2:49:10	6:25	1	-	21		
Runde	5.27	37:37	7:08	1	-	8	7:02	31.62	3:26:47	6:32	1	-	21		
Runde	5.27	38:44	7:20	2	0:14	10	7:40	36.89	4:05:31	6:39	1	-	21		
Runde	5.27	41:10	7:48	2	4:23	17	10:41	42.16	4:46:41	6:47	1	-	13	4:08:36	