



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Scheitza, Falko

00: DJK Preussen 1911 Bochum
00: 330

00: 42.16 km
Marathon

0000:
Männer M50

000: 4:48:23

00: 8.77 km/h
0000: 6:50 min/km

00000/000: 155 (of 311)

00000/0: 145 (of 279)

000000: 3:02:44

00000: 20(of 47)

0000000: 3:29:07

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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	30:29	5:47	11	5:14	88	8:46	5.27	30:29	5:47	44			149	
Runde	5.27	31:57	6:03	15	6:56	124	10:14	10.54	1:02:26	5:55	44			144	19:00
Runde	5.27	33:00	6:15	17	6:58	134	10:45	15.81	1:35:26	6:02	44			102	29:45
Runde	5.27	34:07	6:28	18	8:11	138	11:19	21.08	2:09:33	6:08	44			144	41:04
Runde	5.27	37:02	7:01	24	10:43	165	14:26	26.35	2:46:35	6:19	44			144	55:30
Runde	5.27	38:02	7:13	21	10:45	146	15:30	31.62	3:24:37	6:28	44			144	1:11:00
Runde	5.27	42:47	8:07	27	15:08	177	19:35	36.89	4:07:24	6:42	44			143	1:30:35
Runde	5.27	40:59	7:46	23	15:21	156	25:14	42.16	4:48:23	6:50	20	1:19:16	151	3:55:01	