



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Rottmann, Rainer

00: Freaky Friday Runners Bamberg
00: 319

00: 42.16 km
Marathon

0000:
Männer M40

000: 5:10:31

00: 8.15 km/h
0000: 7:22 min/km

00000/000: 209 (of 311)

00000/0: 193 (of 279)

000000: 3:02:44

00000: 43(of 62)

0000000: 3:33:30

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Runde	km	min/km	-	-	h	min	km	km	min/km	-	-	h	min	
	km	min/km	-	-	h	min	km	min/km	-	-	h	min		
Runde	5.27	38:58	7:23	58	16:12	263	17:15	5.27	38:58	7:23	13	6:21	199	8:25
Runde	5.27	37:49	7:10	53	14:08	242	16:06	10.54	1:16:47	7:17	13	11:46	194	33:21
Runde	5.27	39:18	7:27	58	14:35	255	17:03	15.81	1:56:05	7:20	13	16:35	194	50:24
Runde	5.27	38:38	7:19	51	12:52	220	15:50	21.08	2:34:43	7:20	13	17:28	194	1:06:14
Runde	5.27	39:02	7:24	45	12:32	190	16:26	26.35	3:13:45	7:21	13	13:47	194	1:22:40
Runde	5.27	39:32	7:30	36	11:23	173	17:00	31.62	3:53:17	7:22	13	9:00	194	1:39:40
Runde	5.27	39:17	7:27	30	10:50	136	16:05	36.89	4:32:34	7:23	13	0:55	193	1:55:45
Runde	5.27	37:57	7:12	28	10:57	114	22:12	42.16	5:10:31	7:21	44	4:17:09	199	4:17:09