



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hofmann, Siegfried

00: Heeresflieger Laupheim

00: 147

00: 42.16 km

Marathon

0000:

Männer M45

000: 5:13:44

00: 8.06 km/h

0000: 7:26 min/km

00000/000: 219 (of 311)

00000/0: 203 (of 279)

000000: 3:02:44

00000: 48(of 62)

0000000: 3:40:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	5.27	35:12	6:40	53	11:02	209	13:29	5.27	35:12	6:40	20	2:39	207	4:39
Runde	5.27	35:38	6:45	47	10:50	205	13:55	10.54	1:10:50	6:43	19	4:55	202	27:24
Runde	5.27	36:31	6:55	47	10:50	211	14:16	15.81	1:47:21	6:47	19	5:19	202	41:40
Runde	5.27	38:07	7:13	48	11:29	211	15:19	21.08	2:25:28	6:54	19	5:33	202	56:59
Runde	5.27	39:33	7:30	47	11:25	199	16:57	26.35	3:05:01	7:01	19	5:30	202	1:13:56
Runde	5.27	41:58	7:57	49	12:53	209	19:26	31.62	3:46:59	7:10	19	5:44	202	1:33:22
Runde	5.27	43:42	8:17	45	13:56	189	20:30	36.89	4:30:41	7:20	19	5:44	201	1:53:52
Runde	5.27	43:03	8:10	45	27:18	172	27:18	42.16	5:13:44	7:26	51	4:16:20	209	4:20:22