



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Lose, Joachim

□□: LG Oerlinghausen

□□: 225

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 5:23:48

□□: 7.78 km/h

□□□□: 7:41 min/km

□□□□□/□□□: 231 (of 311)

□□□□□/□: 215 (of 279)

□□□□□□: 3:02:44

□□□□□: 33(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	34:50	6:36	29	9:35	201	13:07	5.27	34:50	6:36	10	2:01	221	4:17
Runde	5.27	32:44	6:12	18	7:43	143	11:01	10.54	1:07:34	6:24	10		216	24:08
Runde	5.27	33:57	6:26	19	7:55	154	11:42	15.81	1:41:31	6:25	10		216	35:50
Runde	5.27	35:27	6:43	24	9:31	170	12:39	21.08	2:16:58	6:29	10		216	48:29
Runde	5.27	36:34	6:56	23	10:15	160	13:58	26.35	2:53:32	6:35	10		216	1:02:27
Runde	5.27	37:30	7:06	20	10:13	136	14:58	31.62	3:31:02	6:40	10		216	1:17:25
Runde	5.27	58:31	11:06	47	30:52	272	35:19	36.89	4:29:33	7:18	10		215	1:52:44
Runde	5.27	54:15	10:17	45	28:37	272	38:30	42.16	5:23:48	7:40	33	1:54:41	221	4:30:26