



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Lossack, Bernd

00: Berg

00: 226

00: 42.16 km

Marathon

0000:

Männer M45

000: 5:27:49

00: 7.72 km/h

0000: 7:47 min/km

00000/000: 242 (of 311)

00000/0: 224 (of 279)

000000: 3:02:44

00000: 52(of 62)

0000000: 3:40:26

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	34:29	6:32	48	10:19	195	12:46	5.27	34:29	6:32	24	1:56	230	3:56
Runde	5.27	35:58	6:49	49	11:10	215	14:15	10.54	1:10:27	6:41	23	4:32	225	27:01
Runde	5.27	36:59	7:01	50	11:18	219	14:44	15.81	1:47:26	6:47	23	5:24	225	41:45
Runde	5.27	39:36	7:30	51	12:58	232	16:48	21.08	2:27:02	6:58	23	7:07	225	58:33
Runde	5.27	40:07	7:36	50	11:59	212	17:31	26.35	3:07:09	7:06	23	7:38	225	1:16:04
Runde	5.27	43:52	8:19	53	14:47	228	21:20	31.62	3:51:01	7:18	23	9:46	225	1:37:24
Runde	5.27	47:21	8:59	54	17:35	227	24:09	36.89	4:38:22	7:32	23	13:25	224	2:01:33
Runde	5.27	49:27	9:22	61	33:42	248	33:42	42.16	5:27:49	7:46	55	4:30:25	230	4:34:27