



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Schwibs, Elisabeth

□□□: 5:34:27

□□: Stralsund Guest Runners

□□: 7.53 km/h

□□: 372

□□□□: 7:56 min/km

□□: 42.16 km

□□□□□/□□□: 260 (of 311)

Marathon

□□□□□/□: 22 (of 32)

□□□□□□: 3:54:55

□□□□:

□□□□□: 3(of 4)

Frauen W20

□□□□□□□: 4:46:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	41:36	7:53	3	8:52	28	15:23	5.27	41:36	7:53	3	8:52	9	4:17	
Runde	5.27	38:39	7:20	3	4:48	23	11:48	10.54	1:20:15	7:36	3	13:40	9	9:44	
Runde	5.27	39:41	7:31	3	6:11	23	11:28	15.81	1:59:56	7:35	3	19:51	9	13:55	
Runde	5.27	37:52	7:11	3	3:30	16	8:38	21.08	2:37:48	7:29	3	23:21	9	14:57	
Runde	5.27	40:32	7:41	3	5:49	18	10:05	26.35	3:18:20	7:31	3	29:10	9	17:12	
Runde	5.27	41:53	7:56	3	4:16	18	11:18	31.62	4:00:13	7:35	3	33:26	9	19:09	
Runde	5.27	47:16	8:58	3	8:46	22	16:12	36.89	4:47:29	7:47	3	41:58	9	25:13	
Runde	5.27	46:58	8:54	3	10:11	23	16:29	42.16	5:34:27	7:55	3	47:46	25	4:56:22	