



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Bollnow, Frank

□□: Stralsund Runners

□□: 34

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 5:34:29

□□: 7.56 km/h

□□□□: 7:56 min/km

□□□□□/□□□: 261 (of 311)

□□□□□/□: 239 (of 279)

□□□□□□: 3:02:44

□□□□□: 34(of 35)

□□□□□□□: 3:26:19

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Runde	km	min/km	-	-	h	min	km	min/km	-	-	h	min		
	km	min/km	-	-	h	min	km	min/km	-	-	h	min		
Runde	5.27	41:33	7:53	35	18:12	276	19:50	5.27	41:33	7:53	18	7:21	245	11:00
Runde	5.27	38:42	7:20	34	14:06	251	16:59	10.54	1:20:15	7:36	17	15:36	240	36:49
Runde	5.27	39:39	7:31	34	14:51	262	17:24	15.81	1:59:54	7:35	17	18:11	240	54:13
Runde	5.27	37:55	7:11	33	12:24	208	15:07	21.08	2:37:49	7:29	17	18:11	240	1:09:20
Runde	5.27	40:31	7:41	32	14:27	216	17:55	26.35	3:18:20	7:31	17	18:33	240	1:27:15
Runde	5.27	41:52	7:56	30	15:33	206	19:20	31.62	4:00:12	7:35	17	17:33	240	1:46:35
Runde	5.27	47:17	8:58	31	20:11	225	24:05	36.89	4:47:29	7:47	17	20:18	239	2:10:40
Runde	5.27	47:00	8:55	30	20:22	225	31:15	42.16	5:34:29	7:56	35	4:32:46	245	4:41:07