



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Podewils, Thomas

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City: Berlin

Age: 291

Distance: 42.16 km

Marathon

Gender: Männer

Männer M50

Time: 5:34:42

Speed: 7.56 km/h

Pace: 7:56 min/km

Rank: 262 (of 311)

Rank: 240 (of 279)

Rank: 3:02:44

Rank: 41 (of 47)

Rank: 3:29:07

Summary

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Runde	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-	km	min/km	-	-
Runde	5.27	37:03	7:01	37	11:48	231	15:20		5.27	37:03	7:01	18	4:14	246	6:30	
Runde	5.27	40:12	7:37	46	15:11	266	18:29		10.54	1:17:15	7:19	18	9:29	241	33:49	
Runde	5.27	35:24	6:43	31	9:22	188	13:09		15.81	1:52:39	7:07	18	8:37	241	46:58	
Runde	5.27	45:53	8:42	47	19:57	274	23:05		21.08	2:38:32	7:31	18	16:05	241	1:10:03	
Runde	5.27	42:32	8:04	41	16:13	236	19:56		26.35	3:21:04	7:37	18	12:43	241	1:29:59	
Runde	5.27	38:38	7:19	24	11:21	159	16:06		31.62	3:59:42	7:34	18	4:55	241	1:46:05	
Runde	5.27	47:28	9:00	37	19:49	229	24:16		36.89	4:47:10	7:47	18	4:47	240	2:10:21	
Runde	5.27	47:32	9:01	36	21:54	230	31:47		42.16	5:34:42	7:56	41	2:05:35	246	4:41:20	