



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Szpakowska, Agnieszka

00: Vorwärts Köln

00: 397

00: 42.16 km

Marathon

0000:

Frauen W30

000: 5:35:20

00: 7.54 km/h

0000: 7:57 min/km

00000/000: 263 (of 311)

00000/0: 23 (of 32)

000000: 3:54:55

00000: 2(of 3)

0000000: 5:25:29

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	5.27	35:23	6:42	1	-	16	9:10	5.27	35:23	6:42	3		8	
Runde	5.27	37:57	7:12	2	0:45	20	11:06	10.54	1:13:20	6:57	2		8	2:49
Runde	5.27	38:18	7:16	2	0:22	20	10:05	15.81	1:51:38	7:03	2		8	5:37
Runde	5.27	40:22	7:39	2	1:36	22	11:08	21.08	2:32:00	7:12	2	0:15	8	9:09
Runde	5.27	44:42	8:28	2	4:11	24	14:15	26.35	3:16:42	7:27	2	4:26	8	15:34
Runde	5.27	46:54	8:53	2	5:54	25	16:19	31.62	4:03:36	7:42	2	10:20	8	22:32
Runde	5.27	48:08	9:08	2	3:15	23	17:04	36.89	4:51:44	7:54	2	13:35	8	29:28
Runde	5.27	43:36	8:16	2	6:32	21	13:07	42.16	5:35:20	7:57	3	3:20:32	26	4:57:15