



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Spitzner, Monika

□□: LT Nauen-Falkensee
 □□: 385

□□: 42.16 km
 Marathon

□□□□:
 Frauen W45

□□□: 5:45:55

□□: 7.28 km/h
 □□□□: 8:12 min/km

□□□□□/□□□: 280 (of 311)

□□□□□/□: 24 (of 32)

□□□□□□: 3:54:55

□□□□□: 8(of 9)

□□□□□□□: 4:02:43

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 36:15 | 6:52 | 6 | 6:39 | 20 | 10:02 | 5.27 | 36:15 | 6:52 | 8 | 6:39 | 7 | |
| Runde | 5.27 | 39:15 | 7:26 | 8 | 10:00 | 26 | 12:24 | 10.54 | 1:15:30 | 7:09 | 8 | 16:39 | 7 | 4:59 |
| Runde | 5.27 | 40:58 | 7:46 | 8 | 11:18 | 26 | 12:45 | 15.81 | 1:56:28 | 7:21 | 8 | 27:57 | 7 | 10:27 |
| Runde | 5.27 | 42:32 | 8:04 | 8 | 12:41 | 26 | 13:18 | 21.08 | 2:39:00 | 7:32 | 8 | 40:38 | 7 | 16:09 |
| Runde | 5.27 | 43:24 | 8:14 | 8 | 12:57 | 23 | 12:57 | 26.35 | 3:22:24 | 7:40 | 8 | 53:24 | 7 | 21:16 |
| Runde | 5.27 | 46:00 | 8:43 | 8 | 14:56 | 23 | 15:25 | 31.62 | 4:08:24 | 7:51 | 8 | 1:08:12 | 7 | 27:20 |
| Runde | 5.27 | 48:50 | 9:15 | 8 | 17:33 | 25 | 17:46 | 36.89 | 4:57:14 | 8:03 | 8 | 1:25:45 | 7 | 34:58 |
| Runde | 5.27 | 48:41 | 9:14 | 9 | 17:27 | 25 | 18:12 | 42.16 | 5:45:55 | 8:12 | 9 | 5:07:50 | 27 | 5:07:50 |