



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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**Grunenberg, Karol**

□□: Bunert Running Team

□□: 111

□□: 42.16 km

Marathon

□□□□:

Männer M20

□□□: 3:02:44

□□: 13.79 km/h

□□□□: 4:20 min/km

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□□□□□/□: 1 (of 279)

□□□□□□: 3:02:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	21:43	4:07	1	-	1	-	5.27	21:43	4:07	11	-	6	-
Runde	5.27	21:43	4:07	1	-	1	-	10.54	43:26	4:07	11	-	1	-
Runde	5.27	22:15	4:13	1	-	1	-	15.81	1:05:41	4:09	11	-	1	-
Runde	5.27	22:48	4:19	1	-	1	-	21.08	1:28:29	4:11	11	-	1	-
Runde	5.27	22:36	4:17	1	-	1	-	26.35	1:51:05	4:12	11	-	1	-
Runde	5.27	22:32	4:16	1	-	1	-	31.62	2:13:37	4:13	11	-	1	-
Runde	5.27	23:12	4:24	1	-	1	-	36.89	2:36:49	4:15	11	-	1	-
Runde	5.27	25:55	4:55	1	-	3	10:10	42.16	3:02:44	4:20	1	-	6	2:09:22