



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Förkel, Detlev

00: LC Auensee Leipzig

00: 88

00: 42.16 km

Marathon

0000:

Männer M45

000: 3:40:56

00: 11.45 km/h

0000: 5:14 min/km

00000/000: 13 (of 311)

00000/0: 13 (of 279)

000000: 3:02:44

00000: 2(of 62)

0000000: 3:40:26

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	24:10	4:35	1	-	8	2:27	5.27	24:10	4:35	34		17	
Runde	5.27	24:48	4:42	1	-	9	3:05	10.54	48:58	4:38	46		12	5:32
Runde	5.27	25:41	4:52	1	-	10	3:26	15.81	1:14:39	4:43	46		2	8:58
Runde	5.27	28:04	5:19	2	1:26	23	5:16	21.08	1:42:43	4:52	46		12	14:14
Runde	5.27	29:21	5:34	4	1:13	26	6:45	26.35	2:12:04	5:00	46		12	20:59
Runde	5.27	29:06	5:31	2	0:01	15	6:34	31.62	2:41:10	5:05	46		12	27:33
Runde	5.27	29:46	5:38	1	-	9	6:34	36.89	3:10:56	5:10	46		12	34:07
Runde	5.27	30:00	5:41	4	14:15	16	14:15	42.16	3:40:56	5:14	4	2:43:32	18	2:47:34