



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Mache, Hartmut

□□□: 3:43:03

□□: Berlin

□□: 8.51 km/h

□□: 232

□□□□: 7:03 min/km

□□: 31.62 km

□□□□□/□□□: 14 (of 23)

3/4 Marathon

□□□□□/□: 14 (of 22)

□□□□□□: 2:46:55

□□□□:

□□□□□: 4(of 6)

Männer M50

□□□□□□□: 3:33:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	36:35	6:56	4	5:51	20	11:18	5.27	36:35	6:56	4	1:17	10	3:00	
Runde	5.27	35:01	6:38	4	3:03	17	8:12	10.54	1:11:36	6:47	4	2:50	10	4:16	
Runde	5.27	34:46	6:35	4	1:36	15	7:54	15.81	1:46:22	6:43	4	3:24	10	5:32	
Runde	5.27	35:52	6:48	4	0:29	14	7:56	21.08	2:22:14	6:44	4	3:38	10	3:33	
Runde	5.27	37:59	7:12	3	1:14	11	9:40	26.35	3:00:13	6:50	4	4:52	10	2:34	
Runde	5.27	42:50	8:07	3	4:17	7	11:42	31.62	3:43:03	7:03	4	9:09	14	56:08	