



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Tochtermann, Achim

□□□: 3:47:32

□□: DVAG-Marathon-Team

□□: 11.08 km/h

□□: 406

□□□□: 5:24 min/km

□□: 42.16 km

□□□□□/□□□: 16 (of 311)

Marathon

□□□□□/□: 16 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 4(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	25:13	4:47	5	2:27	15	3:30	5.27	25:13	4:47	36	-	-	21	
Runde	5.27	25:20	4:48	5	1:39	18	3:37	10.54	50:33	4:47	35	-	-	16	7:07
Runde	5.27	26:16	4:59	5	1:33	18	4:01	15.81	1:16:49	4:51	35	-	-	13	11:08
Runde	5.27	27:26	5:12	4	1:40	18	4:38	21.08	1:44:15	4:56	35	-	-	16	15:46
Runde	5.27	28:21	5:22	4	1:51	16	5:45	26.35	2:12:36	5:01	35	-	-	16	21:31
Runde	5.27	29:23	5:34	3	1:14	17	6:51	31.62	2:41:59	5:07	35	-	-	16	28:22
Runde	5.27	31:31	5:58	4	3:04	25	8:19	36.89	3:13:30	5:14	35	-	-	16	36:41
Runde	5.27	34:02	6:27	12	7:02	55	18:17	42.16	3:47:32	5:23	5	2:54:10	21	2:54:10	