



10. Unter-Tage Sparkassen Marathon
Brügman- Schacht, Sondershausen / 03.12.2011

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Süßmann, René

□□: Running Team Süßmann

□□: 395

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 4:05:40

□□: 10.30 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 45 (of 311)

□□□□□/□: 42 (of 279)

□□□□□□: 3:02:44

□□□□□: 8(of 35)

□□□□□□□: 3:26:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	29:23	5:34	9	6:02	68	7:40	5.27	29:23	5:34	27		48	
Runde	5.27	28:55	5:29	9	4:19	57	7:12	10.54	58:18	5:31	25		43	14:52
Runde	5.27	30:04	5:42	9	5:16	72	7:49	15.81	1:28:22	5:35	25		43	22:41
Runde	5.27	30:37	5:48	11	5:06	68	7:49	21.08	1:58:59	5:38	25		43	30:30
Runde	5.27	30:18	5:44	7	4:14	40	7:42	26.35	2:29:17	5:39	25		43	38:12
Runde	5.27	31:06	5:54	9	4:47	39	8:34	31.62	3:00:23	5:42	25		43	46:46
Runde	5.27	32:22	6:08	7	5:16	35	9:10	36.89	3:32:45	5:46	25		42	55:56
Runde	5.27	32:55	6:14	8	6:17	40	17:10	42.16	4:05:40	5:49	9	3:03:57	48	3:12:18