



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Nickolaus, Holger

□□: LG Rhein-Wied

□□: 267

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:05:50

□□: 10.25 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 46 (of 311)

□□□□□/□: 43 (of 279)

□□□□□□: 3:02:44

□□□□□: 6(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	28:07	5:20	9	3:57	50	6:24	5.27	28:07	5:20	40			49	
Runde	5.27	28:51	5:28	12	4:03	55	7:08	10.54	56:58	5:24	37			44	13:32
Runde	5.27	29:16	5:33	10	3:35	50	7:01	15.81	1:26:14	5:27	37			44	20:33
Runde	5.27	29:52	5:40	9	3:14	51	7:04	21.08	1:56:06	5:30	37			44	27:37
Runde	5.27	30:39	5:48	6	2:31	43	8:03	26.35	2:26:45	5:34	37			44	35:40
Runde	5.27	31:48	6:02	6	2:43	46	9:16	31.62	2:58:33	5:38	37			44	44:56
Runde	5.27	33:57	6:26	8	4:11	50	10:45	36.89	3:32:30	5:45	36			43	55:41
Runde	5.27	33:20	6:19	10	17:35	47	17:35	42.16	4:05:50	5:49	9	3:08:26		49	3:12:28