



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Heiml, Alexandra

□□□: 4:13:26

□□: Eigner- Express

□□: 9.94 km/h

□□: 128

□□□□: 6:01 min/km

□□: 42.16 km

□□□□□/□□□: 60 (of 311)

Marathon

□□□□□/□: 5 (of 32)

□□□□□□: 3:54:55

□□□□:

□□□□□: 2(of 5)

Frauen W35

□□□□□□□: 4:04:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:38	5:48	3	1:06	8	4:25	5.27	30:38	5:48	2	0:01	26	
Runde	5.27	30:35	5:48	1	-	5	3:44	10.54	1:01:13	5:48	2		26	
Runde	5.27	30:59	5:52	2	0:39	6	2:46	15.81	1:32:12	5:49	2	0:38	26	
Runde	5.27	31:16	5:55	2	1:10	5	2:02	21.08	2:03:28	5:51	2	1:48	26	
Runde	5.27	31:49	6:02	2	1:10	5	1:22	26.35	2:35:17	5:53	2	2:58	26	
Runde	5.27	32:35	6:10	2	1:38	5	2:00	31.62	3:07:52	5:56	2	4:36	26	
Runde	5.27	32:56	6:14	2	1:52	5	1:52	36.89	3:40:48	5:59	2	6:28	26	
Runde	5.27	32:38	6:11	2	2:09	4	2:09	42.16	4:13:26	6:00	2	8:37	8	3:35:21