



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

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Schwarzenberg, Frank

□□: Heidetreter Nordsachsen

□□: 369

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 4:14:26

□□: 9.90 km/h

□□□□: 6:02 min/km

□□□□□/□□□: 65 (of 311)

□□□□□/□: 60 (of 279)

□□□□□□: 3:02:44

□□□□□: 9(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	29:27	5:35	7	4:12	70	7:44	5.27	29:27	5:35	33	-	64	
Runde	5.27	30:54	5:51	12	5:53	105	9:11	10.54	1:00:21	5:43	33	-	59	16:55
Runde	5.27	30:35	5:48	7	4:33	86	8:20	15.81	1:30:56	5:45	33	-	59	25:15
Runde	5.27	30:56	5:52	7	5:00	73	8:08	21.08	2:01:52	5:46	33	-	59	33:23
Runde	5.27	31:43	6:01	6	5:24	62	9:07	26.35	2:33:35	5:49	33	-	59	42:30
Runde	5.27	33:37	6:22	9	6:20	71	11:05	31.62	3:07:12	5:55	33	-	59	53:35
Runde	5.27	33:56	6:26	8	6:17	48	10:44	36.89	3:41:08	5:59	33	-	58	1:04:19
Runde	5.27	33:18	6:19	10	7:40	46	17:33	42.16	4:14:26	6:02	9	45:19	66	3:21:04