



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Lachmann, Andreas

□□□: 4:17:35

□□: Runners Point

□□: 7.22 km/h

□□: 209

□□□□: 8:09 min/km

□□: 31.62 km

□□□□□/□□□: 23 (of 23)

3/4 Marathon

□□□□□/□: 22 (of 22)

□□□□□□: 2:46:55

□□□□:

□□□□□: 6(of 6)

Männer M45

□□□□□□□: 3:16:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	34:45	6:35	5	4:19	15	9:28	5.27	34:45	6:35	6	4:19	2	1:10	
Runde	5.27	36:41	6:57	5	5:55	19	9:52	10.54	1:11:26	6:46	6	10:14	2	4:06	
Runde	5.27	38:33	7:18	5	8:07	20	11:41	15.81	1:49:59	6:57	6	18:21	2	9:09	
Runde	5.27	42:09	7:59	5	11:05	21	14:13	21.08	2:32:08	7:13	6	29:26	2	13:27	
Runde	5.27	52:04	9:52	6	18:40	22	23:45	26.35	3:24:12	7:44	6	48:06	2	26:33	
Runde	5.27	53:23	10:07	6	13:14	21	22:15	31.62	4:17:35	8:08	6	1:01:20	22	1:30:40	