



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Brack, Jens-Uwe

□□: Breienthal
□□: 37

□□: 42.16 km
Marathon

□□□□:
Männer M45

□□□: 4:17:50

□□: 9.77 km/h
□□□□: 6:07 min/km

□□□□□/□□□□: 73 (of 311)

□□□□□/□: 68 (of 279)

□□□□□□: 3:02:44

□□□□□: 14(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:06	6:05	35	7:56	143	10:23	5.27	32:06	6:05	32	-	74	1:33
Runde	5.27	30:15	5:44	23	5:27	90	8:32	10.54	1:02:21	5:54	45	-	69	18:55
Runde	5.27	30:01	5:41	16	4:20	70	7:46	15.81	1:32:22	5:50	45	-	69	26:41
Runde	5.27	31:16	5:55	18	4:38	81	8:28	21.08	2:03:38	5:51	45	-	69	35:09
Runde	5.27	31:50	6:02	12	3:42	67	9:14	26.35	2:35:28	5:54	45	-	69	44:23
Runde	5.27	32:19	6:07	10	3:14	57	9:47	31.62	3:07:47	5:56	45	-	69	54:10
Runde	5.27	33:11	6:17	6	3:25	43	9:59	36.89	3:40:58	5:59	44	-	68	1:04:09
Runde	5.27	36:52	6:59	21	21:07	88	21:07	42.16	4:17:50	6:06	17	3:20:26	74	3:24:28