



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Herbert, Stephan

□□: SC Nordwalde  
 □□: 133

□□: 42.16 km  
 Marathon

□□□□:  
 Männer M40

□□□: 4:18:31

□□: 9.75 km/h  
 □□□□: 6:08 min/km

□□□□□/□□□: 75 (of 311)

□□□□□/□: 70 (of 279)

□□□□□□: 3:02:44

□□□□□: 18(of 62)

□□□□□□□: 3:33:30

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| □□□   | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□ | □□      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|----|---------|
|       | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □  | □       |
| Runde | 5.27 | 30:36 | 5:48   | 21 | 7:50  | 94  | 8:53  | 5.27  | 30:36   | 5:48   | 50 | -       | 76 | 0:03    |
| Runde | 5.27 | 28:39 | 5:26   | 12 | 4:58  | 51  | 6:56  | 10.54 | 59:15   | 5:37   | 49 | -       | 71 | 15:49   |
| Runde | 5.27 | 28:38 | 5:25   | 12 | 3:55  | 43  | 6:23  | 15.81 | 1:27:53 | 5:33   | 49 | -       | 71 | 22:12   |
| Runde | 5.27 | 29:04 | 5:30   | 11 | 3:18  | 37  | 6:16  | 21.08 | 1:56:57 | 5:32   | 49 | -       | 71 | 28:28   |
| Runde | 5.27 | 29:47 | 5:39   | 7  | 3:17  | 29  | 7:11  | 26.35 | 2:26:44 | 5:34   | 49 | -       | 71 | 35:39   |
| Runde | 5.27 | 33:15 | 6:18   | 16 | 5:06  | 66  | 10:43 | 31.62 | 2:59:59 | 5:41   | 49 | -       | 71 | 46:22   |
| Runde | 5.27 | 37:25 | 7:05   | 24 | 8:58  | 98  | 14:13 | 36.89 | 3:37:24 | 5:53   | 49 | -       | 70 | 1:00:35 |
| Runde | 5.27 | 41:07 | 7:48   | 37 | 14:07 | 158 | 25:22 | 42.16 | 4:18:31 | 6:07   | 19 | 3:25:09 | 76 | 3:25:09 |