



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Abad, Antonio

□□: Cañorroto flower power team

□□: 1

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:19:23

□□: 9.75 km/h

□□□□: 6:09 min/km

□□□□□/□□□□: 80 (of 311)

□□□□□/□: 74 (of 279)

□□□□□□: 3:02:44

□□□□□: 15(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	29:23	5:34	17	5:13	68	7:40	5.27	29:23	5:34	49	-	-	48	
Runde	5.27	31:01	5:53	28	6:13	108	9:18	10.54	1:00:24	5:43	31	-	-	74	16:58
Runde	5.27	31:12	5:55	24	5:31	96	8:57	15.81	1:31:36	5:47	31	-	-	64	25:55
Runde	5.27	31:56	6:03	21	5:18	94	9:08	21.08	2:03:32	5:51	5	-	-	74	35:03
Runde	5.27	32:20	6:08	16	4:12	81	9:44	26.35	2:35:52	5:54	31	-	-	74	44:47
Runde	5.27	33:39	6:23	15	4:34	72	11:07	31.62	3:09:31	5:59	31	-	-	74	55:54
Runde	5.27	34:11	6:29	11	4:25	57	10:59	36.89	3:43:42	6:03	45	-	-	73	1:06:53
Runde	5.27	35:41	6:46	16	19:56	72	19:56	42.16	4:19:23	6:09	18	3:21:59	-	80	3:26:01