



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Höfer, Mike

□□: TUS Griesheim

□□: 143

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 4:22:05

□□: 9.62 km/h

□□□□: 6:13 min/km

□□□□□/□□□□: 85 (of 311)

□□□□□/□: 79 (of 279)

□□□□□□: 3:02:44

□□□□□: 12(of 35)

□□□□□□□: 3:26:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:54	5:51	16	7:33	101	9:11	5.27	30:54	5:51	30	-	84	0:21
Runde	5.27	30:39	5:48	14	6:03	100	8:56	10.54	1:01:33	5:50	28	-	79	18:07
Runde	5.27	31:47	6:01	14	6:59	104	9:32	15.81	1:33:20	5:54	28	-	79	27:39
Runde	5.27	33:19	6:19	17	7:48	119	10:31	21.08	2:06:39	6:00	28	-	79	38:10
Runde	5.27	32:54	6:14	14	6:50	89	10:18	26.35	2:39:33	6:03	28	-	79	48:28
Runde	5.27	33:49	6:25	13	7:30	75	11:17	31.62	3:13:22	6:06	28	-	79	59:45
Runde	5.27	35:00	6:38	10	7:54	66	11:48	36.89	3:48:22	6:11	28	-	78	1:11:33
Runde	5.27	33:43	6:23	10	7:05	52	17:58	42.16	4:22:05	6:12	13	3:20:22	85	3:28:43