



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Schrickel, Andre

□□: WSV Ilmenau

□□: 355

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:22:10

□□: 9.61 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 86 (of 311)

□□□□□/□: 80 (of 279)

□□□□□□: 3:02:44

□□□□□: 16(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:31	5:47	22	6:21	90	8:48	5.27	30:31	5:47	50	-	85	-
Runde	5.27	29:54	5:40	19	5:06	78	8:11	10.54	1:00:25	5:43	47	-	80	16:59
Runde	5.27	29:37	5:37	12	3:56	59	7:22	15.81	1:30:02	5:41	47	-	80	24:21
Runde	5.27	30:15	5:44	12	3:37	60	7:27	21.08	2:00:17	5:42	47	-	80	31:48
Runde	5.27	31:52	6:02	13	3:44	68	9:16	26.35	2:32:09	5:46	47	-	80	41:04
Runde	5.27	35:00	6:38	20	5:55	89	12:28	31.62	3:07:09	5:55	47	-	80	53:32
Runde	5.27	37:57	7:12	25	8:11	107	14:45	36.89	3:45:06	6:06	31	-	79	1:08:17
Runde	5.27	37:04	7:02	23	21:19	92	21:19	42.16	4:22:10	6:13	19	3:24:46	86	3:28:48