



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Kanzog, Holger

00: Lübeck

00: 169

00: 42.16 km

Marathon

0000:

Männer M45

000: 4:25:29

00: 9.49 km/h

0000: 6:18 min/km

00000/000: 91 (of 311)

00000/0: 84 (of 279)

000000: 3:02:44

00000: 18(of 62)

0000000: 3:40:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	5.27	31:20	5:56	27	7:10	118	9:37	5.27	31:20	5:56	6	-	68	0:47
Runde	5.27	30:36	5:48	25	5:48	96	8:53	10.54	1:01:56	5:52	49	-	84	18:30
Runde	5.27	30:32	5:47	23	4:51	85	8:17	15.81	1:32:28	5:50	49	-	41	26:47
Runde	5.27	31:26	5:57	19	4:48	82	8:38	21.08	2:03:54	5:52	49	-	84	35:25
Runde	5.27	33:12	6:17	20	5:04	94	10:36	26.35	2:37:06	5:57	49	-	84	46:01
Runde	5.27	34:42	6:35	19	5:37	86	12:10	31.62	3:11:48	6:03	49	-	84	58:11
Runde	5.27	35:58	6:49	18	6:12	79	12:46	36.89	3:47:46	6:10	48	-	83	1:10:57
Runde	5.27	37:43	7:09	28	21:58	108	21:58	42.16	4:25:29	6:17	21	3:28:05	90	3:32:07