



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Notz, Johannes

□□: BSG Flughafen Stuttgart

□□: 275

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:26:31

□□: 9.49 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 93 (of 311)

□□□□□/□: 86 (of 279)

□□□□□□: 3:02:44

□□□□□: 19(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	33:35	6:22	43	9:25	170	11:52	5.27	33:35	6:22	53	1:02	91	3:02
Runde	5.27	33:44	6:24	41	8:56	177	12:01	10.54	1:07:19	6:23	50	1:24	86	23:53
Runde	5.27	32:43	6:12	32	7:02	125	10:28	15.81	1:40:02	6:19	50		86	34:21
Runde	5.27	32:33	6:10	26	5:55	105	9:45	21.08	2:12:35	6:17	50		86	44:06
Runde	5.27	33:06	6:16	19	4:58	93	10:30	26.35	2:45:41	6:17	50		86	54:36
Runde	5.27	33:30	6:21	14	4:25	70	10:58	31.62	3:19:11	6:17	50		86	1:05:34
Runde	5.27	34:04	6:27	9	4:18	52	10:52	36.89	3:53:15	6:19	49		85	1:16:26
Runde	5.27	33:16	6:18	9	17:31	45	17:31	42.16	4:26:31	6:19	22	3:29:07	92	3:33:09