



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Puchert, Alexander

00: LG Wuppertal

00: 299

00: 42.16 km

Marathon

0000:

Männer M40

000: 4:28:04

00: 9.44 km/h

0000: 6:22 min/km

00000/000: 97 (of 311)

00000/0: 90 (of 279)

000000: 3:02:44

00000: 21(of 62)

0000000: 3:33:30

0000

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	31:19	5:56	30	8:33	115	9:36	5.27	31:19	5:56	53		94	0:46
Runde	5.27	31:32	5:59	26	7:51	116	9:49	10.54	1:02:51	5:57	52		89	19:25
Runde	5.27	33:04	6:16	31	8:21	136	10:49	15.81	1:35:55	6:04	52		89	30:14
Runde	5.27	33:46	6:24	29	8:00	135	10:58	21.08	2:09:41	6:09	52		89	41:12
Runde	5.27	34:49	6:36	28	8:19	121	12:13	26.35	2:44:30	6:14	52		89	53:25
Runde	5.27	34:52	6:36	21	6:43	87	12:20	31.62	3:19:22	6:18	52		89	1:05:45
Runde	5.27	33:50	6:25	11	5:23	47	10:38	36.89	3:53:12	6:19	52		88	1:16:23
Runde	5.27	34:52	6:36	13	7:52	64	19:07	42.16	4:28:04	6:21	22	3:34:42	96	3:34:42