



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Rademacher, Ansgar

□□□: 4:35:00

□□: Bornheim

□□: 9.16 km/h

□□: 303

□□□□: 6:31 min/km

□□: 42.16 km

□□□□□/□□□: 117 (of 311)

Marathon

□□□□□/□: 110 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 28(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	31:12	5:55	27	8:26	111	9:29	5.27	31:12	5:55	60	-	-	115	0:39
Runde	5.27	29:43	5:38	19	6:02	72	8:00	10.54	1:00:55	5:46	59	-	-	110	17:29
Runde	5.27	29:27	5:35	14	4:44	55	7:12	15.81	1:30:22	5:42	59	-	-	110	24:41
Runde	5.27	29:53	5:40	14	4:07	52	7:05	21.08	2:00:15	5:42	59	-	-	110	31:46
Runde	5.27	32:07	6:05	19	5:37	75	9:31	26.35	2:32:22	5:46	59	-	-	110	41:17
Runde	5.27	35:23	6:42	24	7:14	96	12:51	31.62	3:07:45	5:56	59	-	-	110	54:08
Runde	5.27	40:36	7:42	35	12:09	154	17:24	36.89	3:48:21	6:11	59	-	-	109	1:11:32
Runde	5.27	46:39	8:51	48	19:39	222	30:54	42.16	4:35:00	6:31	29	3:41:38	-	116	3:41:38