



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Fischer, Mario

00: Running Team Bad Ems

00: 84

00: 42.16 km

Marathon

0000:

Männer M35

000: 4:43:15

00: 8.90 km/h

0000: 6:43 min/km

00000/000: 135 (of 311)

00000/0: 127 (of 279)

000000: 3:02:44

00000: 18(of 35)

0000000: 3:26:19

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Runde	km	min/km	-	-	°	°	km	min/km	-	-	°	°		
	km	min/km	-	-	°	°	km	min/km	-	-	°	°		
Runde	5.27	34:54	6:37	29	11:33	203	13:11	5.27	34:54	6:37	10	0:42	132	4:21
Runde	5.27	33:01	6:15	22	8:25	150	11:18	10.54	1:07:55	6:26	34	3:16	127	24:29
Runde	5.27	32:50	6:13	20	8:02	127	10:35	15.81	1:40:45	6:22	34		127	35:04
Runde	5.27	33:25	6:20	18	7:54	122	10:37	21.08	2:14:10	6:21	34		127	45:41
Runde	5.27	35:10	6:40	19	9:06	128	12:34	26.35	2:49:20	6:25	34		127	58:15
Runde	5.27	37:13	7:03	17	10:54	131	14:41	31.62	3:26:33	6:31	34		127	1:12:56
Runde	5.27	38:49	7:21	18	11:43	129	15:37	36.89	4:05:22	6:39	34		126	1:28:33
Runde	5.27	37:53	7:11	15	11:15	112	22:08	42.16	4:43:15	6:43	19	3:41:32	133	3:49:53