



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Routaboul de Brüchert-Pastor, Laura □□□: 4:46:25

□□: PV Triathlon Witten
 □□: 320

□□: 8.80 km/h
 □□□□: 6:47 min/km

□□: 42.16 km
 Marathon

□□□□□/□□□: 146 (of 311)

□□□□□/□: 9 (of 32)

□□□□□□: 3:54:55

□□□□:
 Frauen W35

□□□□□: 4(of 5)

□□□□□□□: 4:04:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	31:23	5:57	4	1:51	10	5:10	5.27	31:23	5:57	4	0:46	22	
Runde	5.27	31:37	5:59	4	1:02	9	4:46	10.54	1:03:00	5:58	4	1:46	22	
Runde	5.27	34:08	6:28	4	3:48	10	5:55	15.81	1:37:08	6:08	4	5:34	22	
Runde	5.27	34:42	6:35	4	4:36	10	5:28	21.08	2:11:50	6:15	4	10:10	22	
Runde	5.27	37:35	7:07	4	6:56	12	7:08	26.35	2:49:25	6:25	4	17:06	22	
Runde	5.27	40:22	7:39	4	9:25	16	9:47	31.62	3:29:47	6:38	4	26:31	22	
Runde	5.27	39:02	7:24	4	7:58	11	7:58	36.89	4:08:49	6:44	4	34:29	22	
Runde	5.27	37:36	7:08	4	7:07	10	7:07	42.16	4:46:25	6:47	4	41:36	12	4:08:20