



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Reinhard-Miltz, Gerhard

□□□: 4:47:54

□□: 100 Marathon Club

□□: 8.75 km/h

□□: 308

□□□□: 6:50 min/km

□□: 42.16 km

□□□□□/□□□: 151 (of 311)

Marathon

□□□□□/□: 141 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 6(of 15)

Männer M55

□□□□□□□: 4:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	33:19	6:19	6	5:38	167	11:36	5.27	33:19	6:19	6	5:38	146	2:46	
Runde	5.27	34:13	6:29	6	6:17	184	12:30	10.54	1:07:32	6:24	6	11:55	141	24:06	
Runde	5.27	35:38	6:45	7	7:07	192	13:23	15.81	1:43:10	6:31	6	19:02	141	37:29	
Runde	5.27	36:53	6:59	7	7:16	192	14:05	21.08	2:20:03	6:38	6	26:18	141	51:34	
Runde	5.27	36:04	6:50	6	5:57	145	13:28	26.35	2:56:07	6:41	6	30:15	141	1:05:02	
Runde	5.27	37:10	7:03	5	4:54	128	14:38	31.62	3:33:17	6:44	6	30:15	141	1:19:40	
Runde	5.27	36:55	7:00	3	0:58	92	13:43	36.89	4:10:12	6:46	6	29:54	140	1:33:23	
Runde	5.27	37:42	7:09	4	1:31	106	21:57	42.16	4:47:54	6:49	6	31:25	147	3:54:32	