



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Heese, Sebastian

□□□: 4:53:05

□□: VfL Bückeburg

□□: 8.60 km/h

□□: 126

□□□□: 6:57 min/km

□□: 42.16 km

□□□□□/□□□: 171 (of 311)

Marathon

□□□□□/□: 160 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 23(of 33)

Männer M30

□□□□□□□: 3:37:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	34:14	6:29	25	9:45	189	12:31	5.27	34:14	6:29	7	-	165	3:41
Runde	5.27	33:22	6:19	24	8:55	161	11:39	10.54	1:07:36	6:24	7	-	153	24:10
Runde	5.27	34:13	6:29	23	10:14	160	11:58	15.81	1:41:49	6:26	7	-	160	36:08
Runde	5.27	35:03	6:39	24	9:36	161	12:15	21.08	2:16:52	6:29	7	-	160	48:23
Runde	5.27	35:10	6:40	20	8:39	128	12:34	26.35	2:52:02	6:31	7	-	160	1:00:57
Runde	5.27	38:59	7:23	22	10:46	165	16:27	31.62	3:31:01	6:40	7	-	159	1:17:24
Runde	5.27	41:24	7:51	21	11:21	164	18:12	36.89	4:12:25	6:50	7	-	159	1:35:36
Runde	5.27	40:40	7:42	18	12:08	150	24:55	42.16	4:53:05	6:57	23	1:15:26	166	3:59:43