



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Enzian, Iris

□□: sc impuls erfurt

□□: 449

□□: 42.16 km

Marathon

□□□□:

Frauen W45

□□□: 4:56:44

□□: 8.49 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 179 (of 311)

□□□□□/□: 13 (of 32)

□□□□□□: 3:54:55

□□□□□: 3(of 9)

□□□□□□□: 4:02:43

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 31:21 | 5:56 | 3 | 1:45 | 9 | 5:08 | 5.27 | 31:21 | 5:56 | 3 | 1:45 | 18 | | |
| Runde | 5.27 | 34:06 | 6:28 | 3 | 4:51 | 11 | 7:15 | 10.54 | 1:05:27 | 6:12 | 3 | 6:36 | 18 | | |
| Runde | 5.27 | 35:55 | 6:48 | 4 | 6:15 | 13 | 7:42 | 15.81 | 1:41:22 | 6:24 | 3 | 12:51 | 18 | | |
| Runde | 5.27 | 36:59 | 7:01 | 5 | 7:08 | 15 | 7:45 | 21.08 | 2:18:21 | 6:33 | 3 | 19:59 | 18 | | |
| Runde | 5.27 | 37:58 | 7:12 | 3 | 7:31 | 13 | 7:31 | 26.35 | 2:56:19 | 6:41 | 3 | 27:19 | 18 | | |
| Runde | 5.27 | 39:28 | 7:29 | 4 | 8:24 | 13 | 8:53 | 31.62 | 3:35:47 | 6:49 | 3 | 35:35 | 18 | | |
| Runde | 5.27 | 40:28 | 7:40 | 4 | 9:11 | 13 | 9:24 | 36.89 | 4:16:15 | 6:56 | 3 | 44:46 | 18 | | |
| Runde | 5.27 | 40:29 | 7:40 | 5 | 9:15 | 14 | 10:00 | 42.16 | 4:56:44 | 7:02 | 4 | 4:18:39 | 16 | 4:18:39 | |