



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Kießig, Thomas

□□: Esslingen
 □□: 177

□□: 42.16 km
 Marathon

□□□□:
 Männer M35

□□□: 4:19:22

□□: 9.72 km/h
 □□□□: 6:09 min/km

□□□□□/□□□: 79 (of 311)

□□□□□/□: 73 (of 279)

□□□□□□: 3:02:44

□□□□□: 10(of 35)

□□□□□□□: 3:26:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:25	6:09	25	9:04	149	10:42	5.27	32:25	6:09	9	-	-	183	1:52
Runde	5.27	30:41	5:49	15	6:05	101	8:58	10.54	1:03:06	5:59	8	-	-	101	19:40
Runde	5.27	30:13	5:44	10	5:25	77	7:58	15.81	1:33:19	5:54	8	-	-	178	27:38
Runde	5.27	30:17	5:44	9	4:46	62	7:29	21.08	2:03:36	5:51	8	-	-	178	35:07
Runde	5.27	30:46	5:50	8	4:42	45	8:10	26.35	2:34:22	5:51	8	-	-	178	43:17
Runde	5.27	32:30	6:10	11	6:11	60	9:58	31.62	3:06:52	5:54	8	-	-	178	53:15
Runde	5.27	35:22	6:42	12	8:16	69	12:10	36.89	3:42:14	6:01	8	-	-	177	1:05:25
Runde	5.27	37:08	7:02	13	10:30	94	21:23	42.16	4:19:22	6:09	11	3:17:39	-	79	3:26:00