



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Schneider, Elmar

□□: RV Viktoria Wombach

□□: 348

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 5:06:44

□□: 8.22 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 200 (of 311)

□□□□□/□: 185 (of 279)

□□□□□□: 3:02:44

□□□□□: 45(of 62)

□□□□□□□: 3:40:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 32:33 | 6:10 | 36 | 8:23 | 150 | 10:50 | 5.27 | 32:33 | 6:10 | 1 | - | 191 | 2:00 |
| Runde | 5.27 | 33:22 | 6:19 | 38 | 8:34 | 161 | 11:39 | 10.54 | 1:05:55 | 6:15 | 1 | - | 186 | 22:29 |
| Runde | 5.27 | 36:07 | 6:51 | 44 | 10:26 | 204 | 13:52 | 15.81 | 1:42:02 | 6:27 | 1 | - | 186 | 36:21 |
| Runde | 5.27 | 37:53 | 7:11 | 46 | 11:15 | 207 | 15:05 | 21.08 | 2:19:55 | 6:38 | 1 | - | 186 | 51:26 |
| Runde | 5.27 | 39:36 | 7:30 | 48 | 11:28 | 202 | 17:00 | 26.35 | 2:59:31 | 6:48 | 1 | - | 186 | 1:08:26 |
| Runde | 5.27 | 41:44 | 7:55 | 47 | 12:39 | 204 | 19:12 | 31.62 | 3:41:15 | 6:59 | 1 | - | 186 | 1:27:38 |
| Runde | 5.27 | 43:42 | 8:17 | 45 | 13:56 | 189 | 20:30 | 36.89 | 4:24:57 | 7:10 | 1 | - | 185 | 1:48:08 |
| Runde | 5.27 | 41:47 | 7:55 | 41 | 26:02 | 161 | 26:02 | 42.16 | 5:06:44 | 7:16 | 48 | 4:09:20 | 191 | 4:13:22 |