



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Ahlert, Mario

□□: HSV Supporters

□□: 3

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 5:06:54

□□: 8.21 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 201 (of 311)

□□□□□/□: 186 (of 279)

□□□□□□: 3:02:44

□□□□□: 46(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	33:32	6:21	41	9:22	168	11:49	5.27	33:32	6:21	18	0:59	192	2:59
Runde	5.27	35:35	6:45	45	10:47	202	13:52	10.54	1:09:07	6:33	17	3:12	187	25:41
Runde	5.27	36:19	6:53	46	10:38	209	14:04	15.81	1:45:26	6:40	17	3:24	187	39:45
Runde	5.27	37:04	7:02	44	10:26	194	14:16	21.08	2:22:30	6:45	17	2:35	187	54:01
Runde	5.27	37:48	7:10	42	9:40	176	15:12	26.35	3:00:18	6:50	17	0:47	187	1:09:13
Runde	5.27	40:27	7:40	44	11:22	183	17:55	31.62	3:40:45	6:58	17		187	1:27:08
Runde	5.27	41:50	7:56	41	12:04	169	18:38	36.89	4:22:35	7:07	17		186	1:45:46
Runde	5.27	44:19	8:24	50	28:34	191	28:34	42.16	5:06:54	7:16	49	4:09:30	192	4:13:32