



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hofmann, Siegfried

□□: Heeresflieger Laupheim

□□: 147

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 5:13:44

□□: 8.03 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 219 (of 311)

□□□□□/□: 203 (of 279)

□□□□□□: 3:02:44

□□□□□: 48(of 62)

□□□□□□□: 3:40:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 35:12 | 6:40 | 53 | 11:02 | 209 | 13:29 | 5.27 | 35:12 | 6:40 | 20 | 2:39 | 207 | 4:39 |
| Runde | 5.27 | 35:38 | 6:45 | 47 | 10:50 | 205 | 13:55 | 10.54 | 1:10:50 | 6:43 | 19 | 4:55 | 202 | 27:24 |
| Runde | 5.27 | 36:31 | 6:55 | 47 | 10:50 | 211 | 14:16 | 15.81 | 1:47:21 | 6:47 | 19 | 5:19 | 202 | 41:40 |
| Runde | 5.27 | 38:07 | 7:13 | 48 | 11:29 | 211 | 15:19 | 21.08 | 2:25:28 | 6:54 | 19 | 5:33 | 202 | 56:59 |
| Runde | 5.27 | 39:33 | 7:30 | 47 | 11:25 | 199 | 16:57 | 26.35 | 3:05:01 | 7:01 | 19 | 5:30 | 202 | 1:13:56 |
| Runde | 5.27 | 41:58 | 7:57 | 49 | 12:53 | 209 | 19:26 | 31.62 | 3:46:59 | 7:10 | 19 | 5:44 | 202 | 1:33:22 |
| Runde | 5.27 | 43:42 | 8:17 | 45 | 13:56 | 189 | 20:30 | 36.89 | 4:30:41 | 7:20 | 19 | 5:44 | 201 | 1:53:52 |
| Runde | 5.27 | 43:03 | 8:10 | 45 | 27:18 | 172 | 27:18 | 42.16 | 5:13:44 | 7:26 | 51 | 4:16:20 | 209 | 4:20:22 |