



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hertz, Gisela

□□: Marathon Steinfurt
 □□: 135

□□: 42.16 km
 Marathon

□□□□:
 Frauen W55

□□□: 5:30:41

□□: 7.65 km/h
 □□□□: 7:50 min/km

□□□□□/□□□: 248 (of 311)

□□□□□/□: 20 (of 32)

□□□□□□: 3:54:55

□□□□□: 1(of 3)

□□□□□□□: 5:30:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	35:41	6:46	2	1:40	17	9:28	5.27	35:41	6:46	1	-	11		
Runde	5.27	38:28	7:17	3	2:35	22	11:37	10.54	1:14:09	7:02	1	-	11	3:38	
Runde	5.27	38:39	7:20	2	0:48	21	10:26	15.81	1:52:48	7:08	1	-	11	6:47	
Runde	5.27	40:20	7:39	1	-	21	11:06	21.08	2:33:08	7:15	1	-	11	10:17	
Runde	5.27	42:40	8:05	2	0:39	21	12:13	26.35	3:15:48	7:25	1	-	11	14:40	
Runde	5.27	46:32	8:49	2	3:21	24	15:57	31.62	4:02:20	7:39	1	-	11	21:16	
Runde	5.27	45:00	8:32	1	-	20	13:56	36.89	4:47:20	7:47	1	-	11	25:04	
Runde	5.27	43:21	8:13	1	-	20	12:52	42.16	5:30:41	7:50	1	-	23	4:52:36	