



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Jannasch-Fleischer, Bianka

□□: LT Nauen-Falkensee

□□: 160

□□: 42.16 km

Marathon

□□□□:

Frauen W55

□□□: 5:32:02

□□: 7.59 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 250 (of 311)

□□□□□/□: 21 (of 32)

□□□□□□: 3:54:55

□□□□□: 2(of 3)

□□□□□□□: 5:30:41

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| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 34:01    | 6:27         | 1       | -       | 12      | 7:48    | 5.27      | 34:01     | 6:27          | 2       |         | 10      |         |
| Runde | 5.27     | 35:53    | 6:48         | 1       | -       | 14      | 9:02    | 10.54     | 1:09:54   | 6:37          | 2       |         | 10      |         |
| Runde | 5.27     | 37:51    | 7:10         | 1       | -       | 18      | 9:38    | 15.81     | 1:47:45   | 6:48          | 2       |         | 10      | 1:44    |
| Runde | 5.27     | 43:29    | 8:15         | 3       | 3:09    | 28      | 14:15   | 21.08     | 2:31:14   | 7:10          | 2       |         | 10      | 8:23    |
| Runde | 5.27     | 42:01    | 7:58         | 1       | -       | 20      | 11:34   | 26.35     | 3:13:15   | 7:20          | 2       |         | 10      | 12:07   |
| Runde | 5.27     | 43:11    | 8:11         | 1       | -       | 20      | 12:36   | 31.62     | 3:56:26   | 7:28          | 2       |         | 10      | 15:22   |
| Runde | 5.27     | 46:07    | 8:45         | 2       | 1:07    | 21      | 15:03   | 36.89     | 4:42:33   | 7:39          | 2       |         | 10      | 20:17   |
| Runde | 5.27     | 49:29    | 9:23         | 2       | 6:08    | 26      | 19:00   | 42.16     | 5:32:02   | 7:52          | 2       | 1:21    | 24      | 4:53:57 |