



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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**Spitzner, Monika**

□□: LT Nauen-Falkensee

□□: 385

□□: 42.16 km

Marathon

□□□□:

Frauen W45

□□□: 5:45:55

□□: 7.31 km/h

□□□□: 8:12 min/km

□□□□□/□□□: 280 (of 311)

□□□□□/□: 24 (of 32)

□□□□□□: 3:54:55

□□□□□: 8(of 9)

□□□□□□□: 4:02:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	36:15	6:52	6	6:39	20	10:02	5.27	36:15	6:52	8	6:39	7	
Runde	5.27	39:15	7:26	8	10:00	26	12:24	10.54	1:15:30	7:09	8	16:39	7	4:59
Runde	5.27	40:58	7:46	8	11:18	26	12:45	15.81	1:56:28	7:21	8	27:57	7	10:27
Runde	5.27	42:32	8:04	8	12:41	26	13:18	21.08	2:39:00	7:32	8	40:38	7	16:09
Runde	5.27	43:24	8:14	8	12:57	23	12:57	26.35	3:22:24	7:40	8	53:24	7	21:16
Runde	5.27	46:00	8:43	8	14:56	23	15:25	31.62	4:08:24	7:51	8	1:08:12	7	27:20
Runde	5.27	48:50	9:15	8	17:33	25	17:46	36.89	4:57:14	8:03	8	1:25:45	7	34:58
Runde	5.27	48:41	9:14	9	17:27	25	18:12	42.16	5:45:55	8:12	9	5:07:50	27	5:07:50