



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Rockmann, Lana

□□: CaBa`s CaBaNauTeN
 □□: 313

□□: 42.16 km
 Marathon

□□□□:
 Frauen W35

□□□: 6:02:05

□□: 6.96 km/h
 □□□□: 8:35 min/km

□□□□□/□□□: 298 (of 311)

□□□□□/□: 27 (of 32)

□□□□□□: 3:54:55

□□□□□: 5(of 5)

□□□□□□□: 4:04:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	39:31	7:29	5	9:59	27	13:18	5.27	39:31	7:29	5	8:54	4	2:12	
Runde	5.27	40:38	7:42	5	10:03	27	13:47	10.54	1:20:09	7:36	5	18:55	4	9:38	
Runde	5.27	40:39	7:42	5	10:19	25	12:26	15.81	2:00:48	7:38	5	29:14	4	14:47	
Runde	5.27	41:36	7:53	5	11:30	23	12:22	21.08	2:42:24	7:42	5	40:44	4	19:33	
Runde	5.27	46:32	8:49	5	15:53	25	16:05	26.35	3:28:56	7:55	5	56:37	4	27:48	
Runde	5.27	50:18	9:32	5	19:21	28	19:43	31.62	4:19:14	8:11	5	1:15:58	4	38:10	
Runde	5.27	51:00	9:40	5	19:56	28	19:56	36.89	5:10:14	8:24	5	1:35:54	4	47:58	
Runde	5.27	51:51	9:50	5	21:22	29	21:22	42.16	6:02:05	8:35	5	1:57:16	30	5:24:00	