

10. Unter-Tage Sparkassen Marathon Brügman- Schacht, Sondershausen / 03.12.2011



Kubis, Dagmar

□: sc impuls erfurt

[]: 555

□□: 21.08 km Halbmarathon

Frauen W45

□□□: 2:35:30

□□: 8.10 km/h

□□□□: 7:23 min/km

_____: 37 (of 64)

□□□□/□: 4 (of 11)

[][][]: 2:23:29

____: 1(of 3)

____: 2:35:30

	km		min/km	-	-			km		min/km	-	-		
Runde	5.27	38:45	7:21	2	3:49	8	3:49	5.27	38:45	7:21	3	3:49	10	3:07
Runde	5.27	37:57	7:12	1	-	6	3:00	10.54	1:16:42	7:16	3	3:09	10	6:07
Runde	5.27	38:44	7:20	1	-	2	2:38	15.81	1:55:26	7:18	3	0:38	10	8:45
Runde	5.27	40:04	7:36	1	-	4	3:16	21.08	2:35:30	7:22	1	-	4	12:01