



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Dollmann, Heinz

□□□: 3:25:38

□□: Flotters

□□: 9.23 km/h

□□: 60

□□□□: 6:30 min/km

□□: 31.62 km

□□□□□/□□□: 5 (of 23)

3/4 Marathon

□□□□□/□: 5 (of 22)

□□□□□□: 2:46:55

□□□□:

□□□□□: 3(of 6)

Männer M40

□□□□□□□: 3:14:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:53	6:14	5	7:36	10	7:36	5.27	32:53	6:14	3	4:38	19		
Runde	5.27	31:37	5:59	3	4:15	5	4:48	10.54	1:04:30	6:07	3	5:54	19		
Runde	5.27	32:13	6:06	3	3:12	5	5:21	15.81	1:36:43	6:07	3	8:01	19		
Runde	5.27	32:56	6:14	3	2:32	5	5:00	21.08	2:09:39	6:09	3	10:33	19		
Runde	5.27	36:20	6:53	2	4:28	5	8:01	26.35	2:45:59	6:17	3	15:01	19		
Runde	5.27	39:39	7:31	1	-	3	8:31	31.62	3:25:38	6:30	3	11:06	5	38:43	