



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Schiwon, Uwe

□□: Seestolperer Weißenstadt

□□: 334

Enduro Short U15 & 4Fun

□□□□:

Männer M45

□□□: 3:37:21

□□: - km/h

□□□□: 6:52 min/km

□□□□□/□□□: 8 (of 23)

□□□□□/□: 8 (of 22)

□□□□□□: 2:46:55

□□□□□: 2(of 6)

□□□□□□□: 3:16:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	34:46	6:35	6	4:20	16	9:29	5.27	34:46	6:35	2	4:20	16	1:11
Runde	5.27	33:32	6:21	3	2:46	13	6:43	10.54	1:08:18	6:28	2	7:06	16	0:58
Runde	5.27	33:37	6:22	2	3:11	11	6:45	15.81	1:41:55	6:26	2	10:17	16	1:05
Runde	5.27	35:26	6:43	3	4:22	11	7:30	21.08	2:17:21	6:30	2	14:39	16	
Runde	5.27	36:51	6:59	3	3:27	8	8:32	26.35	2:54:12	6:36	2	18:06	16	
Runde	5.27	43:09	8:11	2	3:00	8	12:01	-	3:37:21	-	2	21:06	8	50:26