



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hauch, Rainer

□□: LSV Basel

□□: 123

□□: 42.16 km

Marathon

□□□□:

Männer M40

□□□: 3:38:59

□□: 11.51 km/h

□□□□: 5:11 min/km

□□□□□/□□□: 11 (of 311)

□□□□□/□: 11 (of 279)

□□□□□□: 3:02:44

□□□□□: 2(of 62)

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	22:46	4:19	1	-	2	1:03	5.27	22:46	4:19	34	-	-	11	16
Runde	5.27	23:41	4:29	1	-	2	1:58	10.54	46:27	4:24	33	-	-	11	3:01
Runde	5.27	24:43	4:41	1	-	4	2:28	15.81	1:11:10	4:30	33	-	-	11	5:29
Runde	5.27	25:46	4:53	1	-	7	2:58	21.08	1:36:56	4:35	33	-	-	11	8:27
Runde	5.27	27:04	5:08	2	0:34	11	4:28	26.35	2:04:00	4:42	33	-	-	11	12:55
Runde	5.27	28:50	5:28	2	0:41	13	6:18	31.62	2:32:50	4:50	33	-	-	11	19:13
Runde	5.27	32:35	6:10	8	4:08	36	9:23	36.89	3:05:25	5:01	33	-	-	11	28:36
Runde	5.27	33:34	6:22	9	6:34	50	17:49	42.16	3:38:59	5:11	3	2:45:37	-	16	2:45:37