



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Löhne, Ingolf

□□□: 3:46:06

□□: TSV DD Geräteturnen

□□: 11.19 km/h

□□: 189

□□□□: 5:22 min/km

□□: 42.18 km

□□□□□/□□□: 35 (of 305)

Marathon

□□□□□/□: 34 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 12(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:01	4:01	33	0:52	142	0:52	0.50	2:01	4:01	47	-	-	52	
Runde	3.47	17:36	5:04	18	4:05	65	4:05	3.97	19:37	4:56	47	-	-	52	
Runde	3.47	16:53	4:51	9	2:37	42	2:39	7.44	36:30	4:54	45	-	-	50	
Runde	3.47	17:23	5:00	12	14:14	44	14:14	10.91	53:53	4:56	45	-	-	49	
Runde	3.47	17:34	5:03	11	2:42	42	3:13	14.38	1:11:27	4:58	45	-	-	47	
Runde	3.47	17:35	5:04	11	2:47	37	3:10	17.85	1:29:02	4:59	44	-	-	46	
Runde	3.47	18:33	5:20	14	3:37	47	3:58	21.32	1:47:35	5:02	44	-	-	45	20:27
Runde	3.47	18:19	5:16	11	3:09	33	3:47	24.79	2:05:54	5:04	44	-	-	45	23:51
Runde	3.47	18:37	5:21	8	2:47	26	4:12	28.26	2:24:31	5:06	39	-	-	40	27:14
Runde	3.47	19:24	5:35	11	3:10	32	4:25	31.73	2:43:55	5:09	39	-	-	38	30:24
Runde	3.47	19:51	5:43	11	3:09	28	4:24	35.20	3:03:46	5:13	38	-	-	34	29:36
Runde	3.47	20:10	5:48	8	2:53	25	4:18	38.67	3:23:56	5:16	38	-	-	33	38:48
Ziel	3.47	22:10	6:23	15	4:45	75	6:34	42.18	3:46:06	5:21	12	39:03	-	34	44:45