



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Dlemerling, Markus

□□□: 4:00:41

□□: Passtschon98

□□: 10.47 km/h

□□: 350

□□□□: 5:43 min/km

□□: 42.18 km

□□□□□/□□□: 61 (of 305)

Marathon

□□□□□/□: 57 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 16(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:30	3:00	10	0:21	46	0:21	0.50	1:30	3:00	15	-	-	60	
Runde	3.47	16:24	4:43	9	2:53	40	2:53	3.97	17:54	4:30	51	-	-	76	
Runde	3.47	16:57	4:53	10	2:41	43	2:43	7.44	34:51	4:41	49	-	-	74	
Runde	3.47	17:37	5:04	15	14:28	48	14:28	10.91	52:28	4:48	49	-	-	73	
Runde	3.47	18:04	5:12	15	3:12	56	3:43	14.38	1:10:32	4:54	49	-	-	71	
Runde	3.47	18:08	5:13	14	3:20	48	3:43	17.85	1:28:40	4:58	48	-	-	70	
Runde	3.47	19:19	5:34	16	4:23	63	4:44	21.32	1:47:59	5:03	48	-	-	69	20:51
Runde	3.47	21:11	6:06	25	6:01	101	6:39	24.79	2:09:10	5:12	48	-	-	69	27:07
Runde	3.47	21:44	6:15	22	5:54	97	7:19	28.26	2:30:54	5:20	43	-	-	64	33:37
Runde	3.47	22:09	6:22	18	5:55	83	7:10	31.73	2:53:03	5:27	43	-	-	62	39:32
Runde	3.47	22:26	6:27	18	5:44	73	6:59	35.20	3:15:29	5:33	42	-	-	58	41:19
Runde	3.47	22:55	6:36	16	5:38	68	7:03	38.67	3:38:24	5:38	42	-	-	57	53:16
Ziel	3.47	22:17	6:25	16	4:52	78	6:41	42.18	4:00:41	5:42	16	53:38	-	57	59:20