



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Lissner, Uwe

□□: Team Endurance Radebeul e.V.
 □□: 333

□□: 42.18 km
 Marathon

□□□□:
 Männer M35

□□□: 4:07:39

□□: 10.18 km/h
 □□□□: 5:52 min/km

□□□□□/□□□□: 75 (of 305)

□□□□□/□: 70 (of 271)

□□□□□□: 3:01:21

□□□□□: 10(of 32)

□□□□□□□: 3:05:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:04	4:08	21	0:55	155	0:55	0.50	2:04	4:08	23	0:04	80		
Runde	3.47	18:10	5:14	9	3:57	86	4:39	3.97	20:14	5:05	23		89		
Runde	3.47	18:34	5:21	10	4:07	88	4:20	7.44	38:48	5:12	23		87		
Runde	3.47	18:47	5:24	9	3:55	79	15:38	10.91	57:35	5:16	23		86		
Runde	3.47	18:44	5:23	8	3:35	76	4:23	14.38	1:16:19	5:18	23		84		
Runde	3.47	19:15	5:32	10	3:51	80	4:50	17.85	1:35:34	5:21	23		83	1:32	
Runde	3.47	19:20	5:34	8	3:43	64	4:45	21.32	1:54:54	5:23	23		82	27:46	
Runde	3.47	20:51	6:00	12	5:21	86	6:19	24.79	2:15:45	5:28	23		82	33:42	
Runde	3.47	22:06	6:22	12	6:19	108	7:41	28.26	2:37:51	5:35	23		77	40:34	
Runde	3.47	22:10	6:23	11	6:27	85	7:11	31.73	3:00:01	5:40	23		75	46:30	
Runde	3.47	23:27	6:45	13	7:40	100	8:00	35.20	3:23:28	5:46	23		71	49:18	
Runde	3.47	23:08	6:39	11	7:16	76	7:16	38.67	3:46:36	5:51	23		70	1:01:28	
Ziel	3.47	21:03	6:03	8	5:27	53	5:27	42.18	4:07:39	5:52	10	1:02:19	70	1:06:18	