



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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**Bärwolf, Silvia**

00: Lauffreß Breitungen

00: 380

00: 42.18 km

Marathon

0000:

Frauen W50

000: 4:19:45

00: 9.70 km/h

0000: 6:10 min/km

00000/0000: 110 (of 305)

00000/0: 7 (of 34)

000000: 3:41:58

00000: 1(of 5)

0000000: 4:19:45

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| 000   | 00   | 00    | 00     | 00 | 00 | 00 | 00    | 000   | 000     | 000    | 00 | 00 | 00 | 00    |
|-------|------|-------|--------|----|----|----|-------|-------|---------|--------|----|----|----|-------|
|       | km   | 00    | min/km | -  | -  | 0  | 0     | km    | 00      | min/km | -  | -  | 0  | 0     |
| Runde | 0.50 | 1:14  | 2:28   | 1  | -  | 1  | -     | 0.50  | 1:14    | 2:28   | 2  | -  | 18 |       |
| Runde | 3.47 | 18:02 | 5:11   | 1  | -  | 6  | 0:59  | 3.97  | 19:16   | 4:51   | 2  | -  | 18 |       |
| Runde | 3.47 | 18:56 | 5:27   | 1  | -  | 6  | 18:38 | 7.44  | 38:12   | 5:08   | 2  | -  | 18 |       |
| Runde | 3.47 | 19:20 | 5:34   | 1  | -  | 7  | 18:37 | 10.91 | 57:32   | 5:16   | 2  | -  | 18 |       |
| Runde | 3.47 | 19:47 | 5:42   | 1  | -  | 8  | 18:51 | 14.38 | 1:17:19 | 5:22   | 2  | -  | 18 |       |
| Runde | 3.47 | 20:41 | 5:57   | 1  | -  | 7  | 2:38  | 17.85 | 1:38:00 | 5:29   | 2  | -  | 26 |       |
| Runde | 3.47 | 21:18 | 6:08   | 1  | -  | 8  | 2:46  | 21.32 | 1:59:18 | 5:35   | 2  | -  | 26 |       |
| Runde | 3.47 | 22:28 | 6:28   | 1  | -  | 9  | 4:10  | 24.79 | 2:21:46 | 5:43   | 2  | -  | 26 |       |
| Runde | 3.47 | 22:48 | 6:34   | 1  | -  | 8  | 4:00  | 28.26 | 2:44:34 | 5:49   | 2  | -  | 26 |       |
| Runde | 3.47 | 23:48 | 6:51   | 1  | -  | 10 | 5:02  | 31.73 | 3:08:22 | 5:56   | 1  | -  | 26 |       |
| Runde | 3.47 | 23:49 | 6:51   | 1  | -  | 10 | 4:41  | 35.20 | 3:32:11 | 6:01   | 1  | -  | 26 |       |
| Runde | 3.47 | 24:14 | 6:59   | 1  | -  | 8  | 5:25  | 38.67 | 3:56:25 | 6:06   | 1  | -  | 26 |       |
| Ziel  | 3.47 | 23:20 | 6:43   | 1  | -  | 10 | 22:53 | 42.18 | 4:19:45 | 6:09   | 1  | -  | 7  | 37:47 |