



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Sommer, Heiko

000: 4:31:51

00: Fischer&Hohner Gersthofen

00: 9.27 km/h

00: 265

0000: 6:26 min/km

00: 42.18 km

00000/000: 156 (of 305)

Marathon

00000/0: 146 (of 271)

000000: 3:01:21

0000:

00000: 29(of 54)

Männer M40

0000000: 3:11:42

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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	2:06	4:12	34	0:57	165	0:57	0.50	2:06	4:12	5	0:22	4	
Runde	3.47	19:44	5:41	33	5:39	144	6:13	3.97	21:50	5:29	5		165	
Runde	3.47	20:20	5:51	35	5:55	158	6:06	7.44	42:10	5:40	5		163	
Runde	3.47	20:18	5:51	31	5:48	148	17:09	10.91	1:02:28	5:43	5		162	
Runde	3.47	20:36	5:56	32	6:15	146	6:15	14.38	1:23:04	5:46	4		160	
Runde	3.47	20:47	5:59	30	5:58	139	6:22	17.85	1:43:51	5:49	4		159	9:49
Runde	3.47	21:26	6:10	28	6:26	139	6:51	21.32	2:05:17	5:52	4		158	38:09
Runde	3.47	21:55	6:18	25	6:09	124	7:23	24.79	2:27:12	5:56	4		158	45:09
Runde	3.47	23:13	6:41	27	6:40	144	8:48	28.26	2:50:25	6:01	4		153	53:08
Runde	3.47	24:29	7:03	30	6:59	158	9:30	31.73	3:14:54	6:08	4		151	1:01:23
Runde	3.47	25:04	7:13	29	7:11	148	9:37	35.20	3:39:58	6:14	4		147	1:05:48
Runde	3.47	25:21	7:18	24	7:46	136	9:29	38.67	4:05:19	6:20	4		146	1:20:11
Ziel	3.47	26:32	7:38	31	9:36	172	10:56	42.18	4:31:51	6:26	29	1:20:09	146	1:30:30