



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Littwin, Gabi

□□□: 2:42:38

□□: LT Lippehasen

□□: 7.75 km/h

□□: 184

□□□□: 7:37 min/km

□□: 21.34 km

□□□□□/□□□: 50 (of 62)

Halbmarathon

□□□□□/□: 10 (of 11)

□□□□□□: 2:05:22

□□□□:

□□□□□: 3(of 3)

Seniorinnen W55 (55-59 Jahre)

□□□□□□□: 2:35:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	25:38	7:23	3	1:19	8	6:51	3.47	25:38	7:23	3	0:42	11	4:14	
Runde	3.47	26:27	7:37	3	1:41	9	5:49	6.94	52:05	7:30	3	2:23	11	9:36	
Runde	3.47	26:57	7:45	3	1:46	10	5:35	10.41	1:19:02	7:35	3	3:32	8	3:32	
Runde	3.47	26:39	7:40	3	2:22	9	5:13	13.88	1:45:41	7:36	3	5:54	11	19:26	
Runde	3.47	27:18	7:52	3	0:25	9	5:44	17.35	2:12:59	7:39	3	6:19	9	23:50	
Runde	3.97	29:39	7:28	3	0:51	10	8:04	21.34	2:42:38	7:37	3	7:10	10	37:16	