



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Bienicke, Beate

00: Giessen

00: 32

00: 42.18 km

Marathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 5:16:25

00: 7.96 km/h

0000: 7:30 min/km

00000/000: 178 (of 220)

00000/0: 16 (of 26)

000000: 3:50:37

00000: 6(of 8)

0000000: 3:50:37

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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	3.47	23:40	6:49	6	6:15	18	6:15	3.47	23:40	6:49	6	6:15	9	1:51
Runde	3.47	24:02	6:55	6	6:33	18	6:33	6.94	47:42	6:52	6	12:48	9	4:27
Runde	3.47	24:01	6:55	6	5:52	17	5:52	10.41	1:11:43	6:53	4	18:40	9	18:40
Runde	3.47	24:49	7:09	6	5:46	18	5:46	13.88	1:36:32	6:57	6	24:26	9	8:30
Runde	3.47	25:54	7:27	7	6:57	20	6:57	17.35	2:02:26	7:03	6	31:23	7	26:40
Runde	3.47	26:40	7:41	6	7:11	18	7:11	20.82	2:29:06	7:09	6	38:34	9	13:48
Runde	3.47	27:20	7:52	6	7:56	17	7:56	24.29	2:56:26	7:15	5	39:44	8	39:44
Runde	3.47	27:38	7:57	6	7:50	17	7:50	27.76	3:24:04	7:21	6	54:20	9	46:17
Runde	3.47	28:16	8:08	6	8:10	16	8:10	31.23	3:52:20	7:26	6	1:02:30	7	52:45
Runde	3.47	28:14	8:08	7	8:09	17	8:09	34.70	4:20:34	7:30	5	58:51	9	22:50
Runde	3.47	28:15	8:08	6	7:56	16	7:56	38.17	4:48:49	7:33	6	1:18:35	8	23:44
Runde	3.97	27:36	6:57	6	7:13	14	7:13	42.18	5:16:25	7:30	6	1:25:48	19	4:32:33