



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Ackermann, Martin

□□: Rothenhausen

□□: 4

□□: 42.20 km

Marathon

□□□□:

Männer M50

□□□: 3:58:04

□□: 10.64 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 31 (of 305)

□□□□□/□: 31 (of 279)

□□□□□□: 3:13:29

□□□□□: 4(of 30)

□□□□□□□: 3:35:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	49:50	4:43	2	1:03	14	6:50	10.55	49:50	4:43	27		39	
2. Runde	10.55	56:49	5:23	4	4:29	27	10:31	21.10	1:46:39	5:03	27		39	7:53
3. Runde	10.55	1:02:40	5:56	4	7:51	44	13:42	31.65	2:49:19	5:20	27		33	19:15
Ziel	10.55	1:08:45	6:30	10	12:12	59	1:08:13	42.20	3:58:04	5:38	5	42:47	40	2:28:21