



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Aumüller, Roland

□□□: 4:01:32

□□: Freaky Friday Runners Bamberg

□□: 10.48 km/h

□□: 13

□□□□: 5:43 min/km

□□: 42.20 km

□□□□□/□□□: 42 (of 305)

Marathon

□□□□□/□: 40 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 13(of 71)

Männer M40

□□□□□□□: 3:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	51:29	4:52	7	7:16	24	8:29	10.55	51:29	4:52	41		49	
2. Runde	10.55	55:41	5:16	6	5:30	21	9:23	21.10	1:47:10	5:04	41		49	8:24
3. Runde	10.55	1:03:12	5:59	14	9:57	48	14:14	31.65	2:50:22	5:22	39		42	20:18
Ziel	10.55	1:11:10	6:44	19	1:10:30	68	1:10:38	42.20	4:01:32	5:43	15	46:25	50	2:31:49