



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

□□□□

Schilder, Holger

□□□: 4:03:45

□□: GMRLV

□□: 10.39 km/h

□□: 7

□□□□: 5:47 min/km

□□: 42.20 km

□□□□□/□□□: 46 (of 305)

Marathon

□□□□□/□: 44 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 14(of 71)

Männer M40

□□□□□□□: 3:26:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55 | 53:31 | 5:04 | 9 | 9:18 | 30 | 10:31 | 10.55 | 53:31 | 5:04 | 40 | | 53 | 1:52 |
| 2. Runde | 10.55 | 1:00:08 | 5:41 | 13 | 9:57 | 53 | 13:50 | 21.10 | 1:53:39 | 5:23 | 40 | | 53 | 14:53 |
| 3. Runde | 10.55 | 1:01:56 | 5:52 | 12 | 8:41 | 38 | 12:58 | 31.65 | 2:55:35 | 5:32 | 38 | | 46 | 25:31 |
| Ziel | 10.55 | 1:08:10 | 6:27 | 17 | 1:07:30 | 56 | 1:07:38 | 42.20 | 4:03:45 | 5:46 | 16 | 48:38 | 54 | 2:34:02 |