



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Jürries, Uwe

□□: LT Hengsteysee

□□: 175

□□: 42.20 km

Marathon

□□□□:

Männer M50

□□□: 4:08:13

□□: 10.20 km/h

□□□□: 5:53 min/km

□□□□□/□□□: 51 (of 305)

□□□□□/□: 49 (of 279)

□□□□□□: 3:13:29

□□□□□: 6(of 30)

□□□□□□□: 3:35:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	57:26	5:26	6	8:39	75	14:26	10.55	57:26	5:26	25		41	5:47
2. Runde	10.55	1:00:30	5:44	5	8:10	57	14:12	21.10	1:57:56	5:35	25		58	19:10
3. Runde	10.55	1:03:45	6:02	6	8:56	53	14:47	31.65	3:01:41	5:44	25		51	31:37
Ziel	10.55	1:06:32	6:18	4	9:59	44	1:06:00	42.20	4:08:13	5:52	7	52:56	59	2:38:30