



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Thieme, Dirk

□□: Bergbaubieber

□□: 380

□□: 42.20 km

Marathon

□□□□:

Männer M30

□□□: 4:12:06

□□: 10.00 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 55 (of 305)

□□□□□/□: 53 (of 279)

□□□□□□: 3:13:29

□□□□□: 6(of 29)

□□□□□□□: 3:37:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:02:29	5:55	18	16:02	134	19:29	10.55	1:02:29	5:55	23	2:11	65	10:50
2. Runde	10.55	1:06:11	6:16	15	14:55	114	19:53	21.10	2:08:40	6:05	23	3:02	64	29:54
3. Runde	10.55	1:02:37	5:56	5	7:59	43	13:39	31.65	3:11:17	6:02	23		56	41:13
Ziel	10.55	1:00:49	5:45	2	4:05	20	1:00:17	42.20	4:12:06	5:58	8	35:04	66	2:42:23