



7. Unter-Tage Sparkassen Marathon
 Bürgman- Schacht, Sondershausen / 06.12.2008

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Keitz, Ralf

□□: Leipziger Triathlon e.V.

□□: 183

□□: 42.20 km

Marathon

□□□□:

Männer M55

□□□: 4:12:18

□□: 9.99 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 56 (of 305)

□□□□□/□: 54 (of 279)

□□□□□□: 3:13:29

□□□□□: 3(of 27)

□□□□□□□: 3:14:53

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55 | 57:42 | 5:28 | 3 | 14:42 | 84 | 14:42 | 10.55 | 57:42 | 5:28 | 24 | | 66 | 6:03 |
| 2. Runde | 10.55 | 1:04:36 | 6:07 | 3 | 17:48 | 102 | 18:18 | 21.10 | 2:02:18 | 5:47 | 24 | | 65 | 23:32 |
| 3. Runde | 10.55 | 1:04:25 | 6:06 | 3 | 14:18 | 58 | 15:27 | 31.65 | 3:06:43 | 5:53 | 23 | | 57 | 36:39 |
| Ziel | 10.55 | 1:05:35 | 6:12 | 3 | 10:37 | 38 | 1:05:03 | 42.20 | 4:12:18 | 5:58 | 5 | 57:25 | 67 | 2:42:35 |