



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Soff, Andreas

□□□: 4:13:18

□□: Unterwellenborn

□□: 9.95 km/h

□□: 359

□□□□: 6:00 min/km

□□: 42.20 km

□□□□□/□□□: 58 (of 305)

Marathon

□□□□□/□: 56 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 5(of 61)

Männer M45

□□□□□□□: 3:13:29

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| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 1:06:59  | 6:20         | 39      | 18:04   | 195     | 23:59   | 10.55 | 1:06:59   | 6:20          | 38      | 8:24    | 68      | 15:20   |
| 2. Runde | 10.55    | 1:08:08  | 6:27         | 23      | 21:01   | 132     | 21:50   | 21.10 | 2:15:07   | 6:24          | 38      | 8:44    | 67      | 36:21   |
| 3. Runde | 10.55    | 1:02:25  | 5:54         | 6       | 11:07   | 40      | 13:27   | 31.65 | 3:17:32   | 6:14          | 36      |         | 59      | 47:28   |
| Ziel     | 10.55    | 55:46    | 5:17         | 3       | 53:50   | 7       | 55:14   | 42.20 | 4:13:18   | 6:00          | 7       | 59:49   | 69      | 2:43:35 |