



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

□□□□

Hein, Michael

□□: Kolding Motion/ DK

□□: 142

□□: 42.20 km

Marathon

□□□□:

Männer M30

□□□: 4:13:20

□□: 9.95 km/h

□□□□: 6:00 min/km

□□□□□/□□□: 59 (of 305)

□□□□□/□: 57 (of 279)

□□□□□□: 3:13:29

□□□□□: 7(of 29)

□□□□□□□: 3:37:02

□□□□

□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 54:22    | 5:09         | 6       | 7:55    | 38      | 11:22   | 10.55     | 54:22     | 5:09          | 22      |         | 69      | 2:43    |
| 2. Runde | 10.55    | 57:15    | 5:25         | 5       | 5:59    | 30      | 10:57   | 21.10     | 1:51:37   | 5:17          | 22      |         | 68      | 12:51   |
| 3. Runde | 10.55    | 1:05:24  | 6:11         | 9       | 10:46   | 64      | 16:26   | 31.65     | 2:57:01   | 5:35          | 22      |         | 60      | 26:57   |
| Ziel     | 10.55    | 1:16:19  | 7:14         | 11      | 19:35   | 98      | 1:15:47 | 42.20     | 4:13:20   | 6:00          | 9       | 36:18   | 70      | 2:43:37 |