



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Bechler, Ralf

□□: Rennsteiglaufverein

□□: 23

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 4:15:19

□□: 9.92 km/h

□□□□: 6:03 min/km

□□□□□/□□□: 63 (of 305)

□□□□□/□: 61 (of 279)

□□□□□□: 3:13:29

□□□□□: 18(of 71)

□□□□□□□: 3:26:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55 | 56:16 | 5:19 | 15 | 12:03 | 57 | 13:16 | 10.55 | 56:16 | 5:19 | 70 | | | 73 | 4:37 |
| 2. Runde | 10.55 | 1:01:17 | 5:48 | 15 | 11:06 | 61 | 14:59 | 21.10 | 1:57:33 | 5:34 | 70 | | | 45 | 18:47 |
| 3. Runde | 10.55 | 1:03:47 | 6:02 | 17 | 10:32 | 54 | 14:49 | 31.65 | 3:01:20 | 5:43 | 68 | | | 64 | 31:16 |
| Ziel | 10.55 | 1:13:59 | 7:00 | 26 | 1:13:19 | 87 | 1:13:27 | 42.20 | 4:15:19 | 6:03 | 21 | 1:00:12 | | 74 | 2:45:36 |