



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

□□□□

Schmidt, Bernd

□□□: 4:16:27

□□: Geschwenda

□□: 9.83 km/h

□□: 321

□□□□: 6:05 min/km

□□: 42.20 km

□□□□□/□□□: 65 (of 305)

Marathon

□□□□□/□: 63 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 7(of 61)

Männer M45

□□□□□□□: 3:13:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:02:38	5:56	27	13:43	140	19:38	10.55	1:02:38	5:56	40	4:03	75	10:59
2. Runde	10.55	1:03:55	6:03	18	16:48	97	17:37	21.10	2:06:33	5:59	40	0:10	74	27:47
3. Runde	10.55	1:04:58	6:09	7	13:40	60	16:00	31.65	3:11:31	6:03	38		66	41:27
Ziel	10.55	1:04:56	6:09	6	1:03:00	37	1:04:24	42.20	4:16:27	6:04	9	1:02:58	76	2:46:44