



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Gormsen, Mikkel

□□□: 4:26:45

□□: Team Run Forrest Run

□□: 9.49 km/h

□□: 122

□□□□: 6:19 min/km

□□: 42.20 km

□□□□□/□□□: 83 (of 305)

Marathon

□□□□□/□: 81 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 12(of 29)

Männer M30

□□□□□□□: 3:37:02

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| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 52:41    | 4:59         | 5       | 6:14    | 29      | 9:41    | 10.55     | 52:41     | 4:59          | 17      |         | 95      | 1:02    |
| 2. Runde | 10.55    | 57:16    | 5:25         | 6       | 6:00    | 31      | 10:58   | 21.10     | 1:49:57   | 5:12          | 17      |         | 94      | 11:11   |
| 3. Runde | 10.55    | 1:11:32  | 6:46         | 13      | 16:54   | 106     | 22:34   | 31.65     | 3:01:29   | 5:44          | 17      |         | 84      | 31:25   |
| Ziel     | 10.55    | 1:25:16  | 8:04         | 15      | 28:32   | 180     | 1:24:44 | 42.20     | 4:26:45   | 6:19          | 14      | 49:43   | 96      | 2:57:02 |