



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Kiehn, Uwe

□□: SF-Ennepetal

□□: 186

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 4:27:16

□□: 9.47 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 85 (of 305)

□□□□□/□: 82 (of 279)

□□□□□□: 3:13:29

□□□□□: 23(of 71)

□□□□□□□: 3:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:04:09	6:04	40	19:56	150	21:09	10.55	1:04:09	6:04	55	-	96	12:30
2. Runde	10.55	1:07:08	6:21	36	16:57	120	20:50	21.10	2:11:17	6:13	55	-	95	32:31
3. Runde	10.55	1:09:04	6:32	25	15:49	89	20:06	31.65	3:20:21	6:19	63	-	85	50:17
Ziel	10.55	1:06:55	6:20	15	1:06:15	47	1:06:23	42.20	4:27:16	6:19	27	1:12:09	97	2:57:33