



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Flick, Markus

□□: SF Ennepetal

□□: 101

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 4:27:17

□□: 9.43 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 86 (of 305)

□□□□□/□: 83 (of 279)

□□□□□□: 3:13:29

□□□□□: 24(of 71)

□□□□□□□: 3:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:04:08	6:04	39	19:55	149	21:08	10.55	1:04:08	6:04	63	-	97	12:29
2. Runde	10.55	1:07:07	6:21	35	16:56	119	20:49	21.10	2:11:15	6:13	63	-	96	32:29
3. Runde	10.55	1:09:09	6:33	26	15:54	90	20:11	31.65	3:20:24	6:19	62	-	86	50:20
Ziel	10.55	1:06:53	6:20	14	1:06:13	46	1:06:21	42.20	4:27:17	6:20	28	1:12:10	98	2:57:34