



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Vostry, Miroslav

□□: Marathon Klub Žebrák/ CZ

□□: 401

□□: 42.20 km

Marathon

□□□□:

Männer M30

□□□: 4:27:48

□□: 9.45 km/h

□□□□: 6:21 min/km

□□□□□/□□□: 87 (of 305)

□□□□□/□: 84 (of 279)

□□□□□□: 3:13:29

□□□□□: 13(of 29)

□□□□□□□: 3:37:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:00:18	5:42	15	13:51	108	17:18	10.55	1:00:18	5:42	1	-	98	8:39
2. Runde	10.55	1:05:20	6:11	14	14:04	106	19:02	21.10	2:05:38	5:57	1	-	97	26:52
3. Runde	10.55	1:10:40	6:41	12	16:02	94	21:42	31.65	3:16:18	6:12	16	2:43	87	46:14
Ziel	10.55	1:11:30	6:46	7	14:46	69	1:10:58	42.20	4:27:48	6:20	15	50:46	99	2:58:05