



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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**Bernath, Wolfgang**

□□□: 4:28:07

□□: marathon4you.de

□□: 9.40 km/h

□□: 39

□□□□: 6:21 min/km

□□: 42.20 km

□□□□□/□□□: 88 (of 305)

Marathon

□□□□□/□: 85 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 10(of 61)

Männer M45

□□□□□□□: 3:13:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:01:28	5:49	21	12:33	119	18:28	10.55	1:01:28	5:49	44	2:53	99	9:49
2. Runde	10.55	1:08:16	6:28	26	21:09	136	21:58	21.10	2:09:44	6:08	44	3:21	98	30:58
3. Runde	10.55	1:08:48	6:31	12	17:30	85	19:50	31.65	3:18:32	6:16	41		88	48:28
Ziel	10.55	1:09:35	6:35	7	1:07:39	61	1:09:03	42.20	4:28:07	6:21	13	1:14:38	100	2:58:24