



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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**Kelbel, Joe**

□□: laufjoe.blogspot.com

□□: 184

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 4:36:04

□□: 9.13 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 103 (of 305)

□□□□□/□: 100 (of 279)

□□□□□□: 3:13:29

□□□□□: 28(of 71)

□□□□□□□: 3:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:02:24	5:54	34	18:11	132	19:24	10.55	1:02:24	5:54	59			115	10:45
2. Runde	10.55	1:09:05	6:32	42	18:54	145	22:47	21.10	2:11:29	6:13	59			114	32:43
3. Runde	10.55	1:12:01	6:49	32	18:46	112	23:03	31.65	3:23:30	6:25	58			101	53:26
Ziel	10.55	1:12:34	6:52	23	1:11:54	78	1:12:02	42.20	4:36:04	6:32	32	1:20:57		116	3:06:21