



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Hahn, Raimund

□□□: 4:39:08

□□: RSG Herne

□□: 9.07 km/h

□□: 135

□□□□: 6:37 min/km

□□: 42.20 km

□□□□□/□□□: 113 (of 305)

Marathon

□□□□□/□: 110 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 14(of 30)

Männer M50

□□□□□□□: 3:35:15

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□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 1:01:55  | 5:52         | 12      | 13:08   | 124     | 18:55   | 10.55     | 1:01:55   | 5:52          | 17      |         | 125     | 10:16   |
| 2. Runde | 10.55    | 1:06:11  | 6:16         | 11      | 13:51   | 114     | 19:53   | 21.10     | 2:08:06   | 6:04          | 17      |         | 124     | 29:20   |
| 3. Runde | 10.55    | 1:10:56  | 6:43         | 14      | 16:07   | 98      | 21:58   | 31.65     | 3:19:02   | 6:17          | 17      |         | 113     | 48:58   |
| Ziel     | 10.55    | 1:20:06  | 7:35         | 19      | 23:33   | 129     | 1:19:34 | 42.20     | 4:39:08   | 6:36          | 15      | 1:23:51 | 126     | 3:09:25 |