

7. Unter-Tage Sparkassen Marathon Bürgman- Schacht, Sondershausen / 06.12.2008



Pillhofer, Andreas

□□: Lauftreff Altdorf

□□: 274

□□: 42.20 km

Marathon

Männer M40

□□□: 4:45:57

□□: 8.81 km/h

□□□□: 6:47 min/km

______: 131 (of 305)

_______: 127 (of 279)

[][][]: 3:13:29

□□□□: 35(of 71)

□□□□□□: 3:26:46

	km		min/km	-	-			km		min/km	-	-		
1. Runde	10.55	1:04:15	6:05	41	20:02	151	21:15	10.55	1:04:15	6:05	16		143	12:36
2. Runde	10.55	1:09:33	6:35	43	19:22	149	23:15	21.10	2:13:48	6:20	16		142	35:02
3. Runde	10.55	1:12:54	6:54	34	19:39	118	23:56	31.65	3:26:42	6:31	17		130	56:38
Ziel	10.55	1:19:15	7:30	38	1:18:35	123	1:18:43	42.20	4:45:57	6:46	39	1:30:50	144	3:16:14