



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Stretz, Friedwald

□□□: 4:46:02

□□: Freaky Friday Runners Bamberg

□□: 8.85 km/h

□□: 367

□□□□: 6:47 min/km

□□: 42.20 km

□□□□□/□□□: 132 (of 305)

Marathon

□□□□□/□: 128 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 23(of 61)

Männer M45

□□□□□□□: 3:13:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	55:16	5:14	6	6:21	45	12:16	10.55	55:16	5:14	57	-	144	3:37
2. Runde	10.55	1:02:32	5:55	13	15:25	78	16:14	21.10	1:57:48	5:34	57	-	143	19:02
3. Runde	10.55	1:17:08	7:18	29	25:50	164	28:10	31.65	3:14:56	6:09	54	-	131	44:52
Ziel	10.55	1:31:06	8:38	41	1:29:10	218	1:30:34	42.20	4:46:02	6:46	26	1:32:33	145	3:16:19