



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Rudolf, Bernhard

□□□: 4:48:11

□□: Jena

□□: 8.79 km/h

□□: 50

□□□□: 6:50 min/km

□□: 42.20 km

□□□□□/□□□: 141 (of 305)

Marathon

□□□□□/□: 136 (of 279)

□□□□□□: 3:13:29

□□□□:

□□□□□: 10(of 18)

Männer M20

□□□□□□□: 3:42:16

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□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 1:06:04  | 6:15         | 17      | 20:14   | 183     | 23:04   | 10.55 | 1:06:04 | 6:15 | 7       | 9:11    | 152     | 14:25   |
| 2. Runde | 10.55    | 1:11:20  | 6:45         | 15      | 18:23   | 176     | 25:02   | 21.10 | 2:17:24 | 6:30 | 7       | 18:57   | 151     | 38:38   |
| 3. Runde | 10.55    | 1:12:20  | 6:51         | 9       | 17:01   | 115     | 23:22   | 31.65 | 3:29:44 | 6:37 | 11      | 7:52    | 139     | 59:40   |
| Ziel     | 10.55    | 1:18:27  | 7:26         | 9       | 1:17:55 | 114     | 1:17:55 | 42.20 | 4:48:11 | 6:49 | 13      | 3:18:28 | 153     | 3:18:28 |