



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

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Lüder, Steffen

□□: LC Ron-Hill Berlin
 □□: 222

□□: 42.20 km
 Marathon

□□□□:
 Männer M40

□□□: 4:53:27

□□: 8.59 km/h
 □□□□: 6:57 min/km

□□□□□/□□□: 159 (of 305)

□□□□□/□: 154 (of 279)

□□□□□□: 3:13:29

□□□□□: 44(of 71)

□□□□□□□: 3:26:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:05:50	6:14	50	21:37	176	22:50	10.55	1:05:50	6:14	7		170	14:11
2. Runde	10.55	1:17:16	7:19	65	27:05	233	30:58	21.10	2:23:06	6:46	7	6:50	169	44:20
3. Runde	10.55	1:16:53	7:17	46	23:38	161	27:55	31.65	3:39:59	6:57	8	7:11	157	1:09:55
Ziel	10.55	1:13:28	6:57	25	1:12:48	82	1:12:56	42.20	4:53:27	6:57	48	1:38:20	171	3:23:44