



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Kotman, Gerhard

□□: Lauffreunde Emsland

□□: 197

□□: 42.20 km

Marathon

□□□□:

Männer M50

□□□: 4:56:06

□□: 8.51 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 165 (of 305)

□□□□□/□: 160 (of 279)

□□□□□□: 3:13:29

□□□□□: 20(of 30)

□□□□□□□: 3:35:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	1:01:31	5:49	11	12:44	120	18:31	10.55	1:01:31	5:49	11		176	9:52
2. Runde	10.55	1:15:26	7:09	25	23:06	217	29:08	21.10	2:16:57	6:29	11	7:02	175	38:11
3. Runde	10.55	1:21:31	7:43	24	26:42	195	32:33	31.65	3:38:28	6:54	11	12:46	163	1:08:24
Ziel	10.55	1:17:38	7:21	18	21:05	110	1:17:06	42.20	4:56:06	7:00	21	1:40:49	177	3:26:23