



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ 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 |