



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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**Ande, Marcus**

□□: Offenburg

□□: 11

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 5:10:09

□□: 8.16 km/h

□□□□: 7:21 min/km

□□□□□/□□□: 206 (of 305)

□□□□□/□: 194 (of 279)

□□□□□□: 3:13:29

□□□□□: 56(of 71)

□□□□□□□: 3:26:46

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□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 1:07:11  | 6:22         | 52      | 22:58   | 198     | 24:11   | 10.55 | 1:07:11   | 6:22      | 31            |         |         | 210     | 15:32   |
| 2. Runde | 10.55    | 1:15:00  | 7:06         | 58      | 24:49   | 211     | 28:42   | 21.10 | 2:22:11   | 6:44      | 31            | 5:55    |         | 209     | 43:25   |
| 3. Runde | 10.55    | 1:22:27  | 7:48         | 60      | 29:12   | 201     | 33:29   | 31.65 | 3:44:38   | 7:05      | 30            | 11:50   |         | 197     | 1:14:34 |
| Ziel     | 10.55    | 1:25:31  | 8:06         | 52      | 1:24:51 | 183     | 1:24:59 | 42.20 | 5:10:09   | 7:20      | 60            | 1:55:02 |         | 211     | 3:40:26 |