



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

□□□□

Hilker, Carsten

□□: DLRG Augustdorf

□□: 153

□□: 42.20 km

Marathon

□□□□:

Männer M35

□□□: 5:15:51

□□: 7.98 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 216 (of 305)

□□□□□/□: 202 (of 279)

□□□□□□: 3:13:29

□□□□□: 32(of 36)

□□□□□□□: 3:17:20

□□□□

□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| 1. Runde | 10.55    | 1:12:11  | 6:50         | 36      | 28:43   | 259     | 29:11   | 10.55 | 1:12:11 | 6:50 | 14      | 6:42    | 218     | 20:32   |
| 2. Runde | 10.55    | 1:14:36  | 7:04         | 33      | 28:18   | 204     | 28:18   | 21.10 | 2:26:47 | 6:57 | 14      | 8:44    | 217     | 48:01   |
| 3. Runde | 10.55    | 1:23:39  | 7:55         | 31      | 34:41   | 210     | 34:41   | 31.65 | 3:50:26 | 7:16 | 14      | 16:03   | 205     | 1:20:22 |
| Ziel     | 10.55    | 1:25:25  | 8:05         | 28      | 32:33   | 182     | 1:24:53 | 42.20 | 5:15:51 | 7:29 | 32      | 1:58:31 | 219     | 3:46:08 |