



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Simonsen, Lars

□□: Klub 100 Marathon DK
 □□: 356

□□: 42.20 km
 Marathon

□□□□:
 Männer M45

□□□: 5:24:42

□□: 7.76 km/h
 □□□□: 7:42 min/km

□□□□□/□□□: 245 (of 305)

□□□□□/□: 227 (of 279)

□□□□□□: 3:13:29

□□□□□: 44(of 61)

□□□□□□□: 3:13:29

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55 | 58:35 | 5:33 | 14 | 9:40 | 96 | 15:35 | 10.55 | 58:35 | 5:33 | 1 | - | 243 | 6:56 |
| 2. Runde | 10.55 | 1:07:48 | 6:25 | 22 | 20:41 | 127 | 21:30 | 21.10 | 2:06:23 | 5:59 | 1 | - | 242 | 27:37 |
| 3. Runde | 10.55 | 1:17:38 | 7:21 | 30 | 26:20 | 165 | 28:40 | 31.65 | 3:24:01 | 6:26 | 1 | - | 230 | 53:57 |
| Ziel | 10.55 | 2:00:41 | 11:26 | 61 | 1:58:45 | 278 | 2:00:09 | 42.20 | 5:24:42 | 7:41 | 47 | 2:11:13 | 244 | 3:54:59 |