



# 7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Nolting, Jörg

□□: Detmold

□□: 256

□□: 42.20 km

Marathon

□□□□:

Männer M45

□□□: 5:35:02

□□: 7.52 km/h

□□□□: 7:56 min/km

□□□□□/□□□: 260 (of 305)

□□□□□/□: 241 (of 279)

□□□□□□: 3:13:29

□□□□□: 51(of 61)

□□□□□□□: 3:13:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	58:59	5:35	18	10:04	102	15:59	10.55	58:59	5:35	24	0:24	257	7:20	
2. Runde	10.55	1:08:13	6:27	25	21:06	135	21:55	21.10	2:07:12	6:01	24	0:49	256	28:26	
3. Runde	10.55	1:39:23	9:25	57	48:05	259	50:25	31.65	3:46:35	7:09	23	22:34	244	1:16:31	
Ziel	10.55	1:48:27	10:16	59	1:46:31	275	1:47:55	42.20	5:35:02	7:56	54	2:21:33	258	4:05:19	