



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Fiege, Jens

□□: TSG Maxdorf

□□: 98

□□: 42.20 km

Marathon

□□□□:

Männer M30

□□□: 3:49:50

□□: 10.96 km/h

□□□□: 5:27 min/km

□□□□□/□□□: 17 (of 305)

□□□□□/□: 17 (of 279)

□□□□□□: 3:13:29

□□□□□: 3(of 29)

□□□□□□□: 3:37:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	49:40	4:42	2	3:13	13	6:40	10.55	49:40	4:42	28	-	24	
2. Runde	10.55	55:28	5:15	4	4:12	18	9:10	21.10	1:45:08	4:58	28	-	24	6:22
3. Runde	10.55	1:00:36	5:44	4	5:58	34	11:38	31.65	2:45:44	5:14	26	-	19	15:40
Ziel	10.55	1:04:06	6:04	4	7:22	34	1:03:34	42.20	3:49:50	5:26	3	12:48	25	2:20:07