



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Kalat, Josef

□□: AK Litvinov/ CZ

□□: 178

□□: 42.20 km

Marathon

□□□□:

Männer M50

□□□: 3:53:36

□□: 10.84 km/h

□□□□: 5:32 min/km

□□□□□/□□□: 24 (of 305)

□□□□□/□: 24 (of 279)

□□□□□□: 3:13:29

□□□□□: 3(of 30)

□□□□□□□: 3:35:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1. Runde	10.55	50:54	4:49	4	2:07	18	7:54	10.55	50:54	4:49	28		32	
2. Runde	10.55	55:31	5:15	3	3:11	19	9:13	21.10	1:46:25	5:02	28		32	7:39
3. Runde	10.55	59:04	5:35	3	4:15	25	10:06	31.65	2:45:29	5:13	28		26	15:25
Ziel	10.55	1:08:07	6:27	7	11:34	54	1:07:35	42.20	3:53:36	5:32	4	38:19	33	2:23:53