



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

□□□□

Heidebrecht, Hans-Jürgen

□□□: 4:00:05

□□: SV-Langwedel

□□: 10.50 km/h

□□: 122

□□□□: 5:41 min/km

□□: 42.20 km

□□□□□/□□□: 36 (of 292)

Marathon

□□□□□/□: 36 (of 267)

□□□□□□: 3:13:29

□□□□:

□□□□□: 6(of 31)

Männer M20

□□□□□□□: 3:32:55

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| □□ 1 | 12.50 | 1:07:16 | 5:22 | 7 | 10:26 | 32 | 13:24 | 12.50 | 1:07:16 | 5:22 | 25 | - | 31 | - |
| □□ 2 | 10.55 | 59:23 | 5:37 | 8 | 7:54 | 46 | 11:37 | 23.05 | 2:06:39 | 5:29 | 25 | - | 37 | - |
| □□ 3 | 10.55 | 1:01:14 | 5:48 | 4 | 6:00 | 29 | 12:55 | 33.60 | 3:07:53 | 5:35 | 22 | - | 31 | 34:56 |
| □□□ □□ | 8.60 | 52:12 | 6:04 | 5 | 15:32 | 56 | 15:32 | 42.20 | 4:00:05 | 5:41 | 8 | 32:44 | 48 | 2:56:48 |