



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

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Weidenhaupt, Friedhelm

□□: Cool Runnings Brühl

□□: 406

□□: 42.20 km

Marathon

□□□□:

Männer M45

□□□: 4:01:45

□□: 10.42 km/h

□□□□: 5:44 min/km

□□□□□/□□□: 42 (of 292)

□□□□□/□: 42 (of 267)

□□□□□□: 3:13:29

□□□□□: 6(of 57)

□□□□□□□: 3:37:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	12.50	1:07:18	5:23	5	7:53	33	13:26	12.50	1:07:18	5:23	36			37	
□□ 2	10.55	57:12	5:25	3	2:12	25	9:26	23.05	2:04:30	5:24	35			23	
□□ 3	10.55	1:06:39	6:19	10	18:20	58	18:20	33.60	3:11:09	5:41	29			36	38:12
□□□ □□	8.60	50:36	5:53	6	7:56	42	13:56	42.20	4:01:45	5:43	9	50:44	54	2:58:28	