



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

□□□□

Fiege, Jens

□□: TSG Maxdorf

□□: 79

□□: 42.20 km

Marathon

□□□□:

Männer M30

□□□: 4:03:48

□□: 10.39 km/h

□□□□: 5:47 min/km

□□□□□/□□□: 45 (of 292)

□□□□□/□: 44 (of 267)

□□□□□□: 3:13:29

□□□□□: 6(of 24)

□□□□□□□: 3:33:12

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| □□ 1   | 12.50    | 1:08:07  | 5:26         | 6       | 9:34    | 47      | 14:15   | 12.50 | 1:08:07 | 5:26 | 18      |         | 39      |         |
| □□ 2   | 10.55    | 59:56    | 5:40         | 8       | 8:35    | 51      | 12:10   | 23.05 | 2:08:03 | 5:33 | 18      |         | 44      |         |
| □□ 3   | 10.55    | 1:04:20  | 6:05         | 8       | 8:11    | 46      | 16:01   | 33.60 | 3:12:23 | 5:43 | 17      |         | 38      | 39:26   |
| □□□ □□ | 8.60     | 51:25    | 5:58         | 6       | 6:16    | 51      | 14:45   | 42.20 | 4:03:48 | 5:46 | 8       | 59:17   | 56      | 3:00:31 |