

8. Unter-Tage-Sparkassen Marathon Bürgman- Schacht, Sondershausen / 05.12.2009



Schmutzler, Gerhard

□ : IfL Hof
□ : 323

□□: 42.20 km Marathon

Männer M40

□□□: 4:07:57

□□: 10.16 km/h

□□□: 5:53 min/km

______: 53 (of 292)

□□□□/□: 52 (of 267)

000000: 3:13:29

□□□□: 15(of 64)

000000: 3:25:37

km	min/km	-	-			km	□□ n	nin/km	-	-			

12.50 1:15:02 6:00 30 20:20 119 21:10 12.50 1:15:02 6:00 48 6:47 $\Box\Box$ 1 0:03 47 10.55 1:01:10 5:47 16 23.05 2:16:12 5:54 45 52 4:34 11:34 61 13:24 27 12:20 33.60 3:16:51 5:51 46 43:54 **[]** 3 10.55 1:00:39 5:44 8 4:49 40 8.60 51:06 5:56 17 10:27 46 14:26 42.20 4:07:57 5:52 18 3:04:40 64 3:04:40