



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

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Herdecke, Hans-Martin

□□: Elan Barsinghausen

□□: 127

□□: 42.20 km

Marathon

□□□□:

Männer M40

□□□: 4:27:12

□□: 9.48 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 93 (of 292)

□□□□□/□: 90 (of 267)

□□□□□□: 3:13:29

□□□□□: 23(of 64)

□□□□□□□: 3:25:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	12.50	1:17:41	6:12	40	22:59	159	23:49	12.50	1:17:41	6:12	57	2:42	88	9:26
□□ 2	10.55	1:05:05	6:10	25	15:29	104	17:19	23.05	2:22:46	6:11	53		93	11:08
□□ 3	10.55	1:11:12	6:44	26	15:22	95	22:53	33.60	3:33:58	6:22	48		84	1:01:01
□□□ □□	8.60	53:14	6:11	22	12:35	71	16:34	42.20	4:27:12	6:19	27	3:23:55	105	3:23:55