



# 8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

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Schrickel, Andre

□□: WSV-Ilmenau

□□: 335

□□: 42.20 km

Marathon

□□□□:

Männer M45

□□□: 4:35:01

□□: 9.16 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 118 (of 292)

□□□□□/□: 113 (of 267)

□□□□□□: 3:13:29

□□□□□: 26(of 57)

□□□□□□□: 3:37:52

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 12.50    | 1:09:01  | 5:31         | 9       | 9:36    | 54      | 15:09   | 12.50 | 1:09:01   | 5:31      | 2             |         |         | 112     | 0:46    |
| □□ 2   | 10.55    | 1:03:03  | 5:58         | 13      | 8:03    | 75      | 15:17   | 23.05 | 2:12:04   | 5:43      | 2             |         |         | 117     | 0:26    |
| □□ 3   | 10.55    | 1:19:22  | 7:31         | 36      | 31:03   | 175     | 31:03   | 33.60 | 3:31:26   | 6:17      | 2             |         |         | 106     | 58:29   |
| □□□ □□ | 8.60     | 1:03:35  | 7:23         | 37      | 20:55   | 167     | 26:55   | 42.20 | 4:35:01   | 6:31      | 30            | 1:24:00 |         | 129     | 3:31:44 |