



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

□□□□

Buscher, Gregor

□□: www.laufendfit.eu

□□: 49

□□: 42.20 km

Marathon

□□□□:

Männer M45

□□□: 4:44:26

□□: 8.86 km/h

□□□□: 6:44 min/km

□□□□□/□□□: 158 (of 292)

□□□□□/□: 150 (of 267)

□□□□□□: 3:13:29

□□□□□: 30(of 57)

□□□□□□□: 3:37:52

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 12.50 | 1:21:37 | 6:31 | 40 | 22:12 | 200 | 27:45 | 12.50 | 1:21:37 | 6:31 | 6 | 2:03 | 148 | 13:22 |
| □□ 2 | 10.55 | 1:08:07 | 6:27 | 29 | 13:07 | 143 | 20:21 | 23.05 | 2:29:44 | 6:29 | 6 | | 154 | 18:06 |
| □□ 3 | 10.55 | 1:11:46 | 6:48 | 20 | 23:27 | 99 | 23:27 | 33.60 | 3:41:30 | 6:35 | 6 | | 143 | 1:08:33 |
| □□□ □□ | 8.60 | 1:02:56 | 7:19 | 36 | 20:16 | 162 | 26:16 | 42.20 | 4:44:26 | 6:44 | 34 | 1:33:25 | 166 | 3:41:09 |