

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



Hottas, Christian

□□: 100 Marathon club U.K.

□□: 142

□□: 42.20 km

Marathon

Männer M50

□□□: 5:20:00

□□: 7.88 km/h

□□□□: 7:35 min/km

______: 237 (of 292)

____/_: 220 (of 267)

□□□□□□: 3:13:29

____: 21(of 26)

□□□□□□: 3:26:30

km	min/km	-	-			km	n	nin/km	-	-				

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	km		min/km	-	-			km		min/km	-	-		
□□ 1	12.50	1:40:18	8:01	26	39:52	265	46:26	12.50	1:40:18	8:01	6	23:58	219	32:03
□□ 2	10.55	1:19:04	7:29	22	27:44	239	31:18	23.05	2:59:22	7:46	6	29:46	224	47:44
□ □ 3	10.55	1:22:11	7:47	18	28:29	191	33:52	33.60	4:21:33	7:47	6	33:08	195	1:48:36
000 00	8.60	58:27	6:47	12	19:53	123	21:47	42.20	5:20:00	7:34	22	1:57:14	237	4:16:43