



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**GALLENKAMP, Falko**

□□: RockStore-Wuppertal

□□: 87

□□: 42.16 km

Marathon

□□□□:

Männer M20

□□□: 3:50:29

□□: 10.98 km/h

□□□□: 5:28 min/km

□□□□□/□□□: 28 (of 289)

□□□□□/□: 28 (of 261)

□□□□□□: 3:20:36

□□□□□: 3(of 22)

□□□□□□□: 3:31:12

□□□□

□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 5.27     | 26:52    | 5:05         | 4       | 2:50    | 38      | 4:30    | 5.27      | 26:52     | 5:05          | 20      |         | 35      |         |
| □□ 2     | 5.27     | 27:41    | 5:15         | 4       | 2:52    | 47      | 4:15    | 10.54     | 54:33     | 5:10          | 13      | 0:58    | 33      |         |
| □□ 3     | 5.27     | 28:04    | 5:19         | 3       | 3:10    | 38      | 4:26    | 15.81     | 1:22:37   | 5:13          | 20      |         | 30      |         |
| □□ 4     | 5.27     | 26:30    | 5:01         | 2       | 0:59    | 14      | 1:52    | 21.08     | 1:49:07   | 5:10          | 12      | 0:49    | 29      |         |
| □□ 5     | 5.27     | 28:29    | 5:24         | 3       | 2:29    | 24      | 3:10    | 26.35     | 2:17:36   | 5:13          | 18      |         | 25      | 14:47   |
| □□ 6     | 5.27     | 29:56    | 5:40         | 4       | 2:57    | 34      | 4:05    | 31.62     | 2:47:32   | 5:17          | 17      |         | 28      | 18:46   |
| □□ 7     | 5.27     | 31:24    | 5:57         | 2       | 3:04    | 29      | 5:17    | 36.89     | 3:18:56   | 5:23          | 17      |         | 21      | 24:03   |
| □□□ Ziel | 5.27     | 31:33    | 5:59         | 6       | 4:46    | 31      | 5:50    | 42.16     | 3:50:29   | 5:28          | 4       | 3:23:42 | 36      | 3:23:42 |