



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**NOTZ, Johannes**

□□: BSG Flughafen Stuttgart  
 □□: 252

□□: 42.16 km  
 Marathon

□□□□:  
 Männer M45

□□□: 4:15:50

□□: 9.85 km/h  
 □□□□: 6:04 min/km

□□□□□/□□□: 74 (of 289)

□□□□□/□: 70 (of 261)

□□□□□□: 3:20:36

□□□□□: 14(of 50)

□□□□□□□: 3:39:13

□□□□

□□□□

□□□

| □□□     | □□   | □□    | □□     | □□ | □□   | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|---------|------|-------|--------|----|------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|         | km   | □□    | min/km | -  | -    | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| □□ 1    | 5.27 | 32:49 | 6:13   | 30 | 9:26 | 154 | 10:27 | 5.27  | 32:49   | 6:13   | 40 | 1:09    | 80  |         |
| □□ 2    | 5.27 | 32:00 | 6:04   | 28 | 7:23 | 144 | 8:34  | 10.54 | 1:04:49 | 6:08   | 21 | 0:07    | 73  |         |
| □□ 3    | 5.27 | 30:56 | 5:52   | 19 | 5:35 | 100 | 7:18  | 15.81 | 1:35:45 | 6:03   | 39 |         | 75  |         |
| □□ 4    | 5.27 | 31:33 | 5:59   | 17 | 4:43 | 93  | 6:55  | 21.08 | 2:07:18 | 6:02   | 49 |         | 245 |         |
| □□ 5    | 5.27 | 31:52 | 6:02   | 17 | 4:14 | 80  | 6:33  | 26.35 | 2:39:10 | 6:02   | 37 |         | 68  | 36:21   |
| □□ 6    | 5.27 | 31:51 | 6:02   | 9  | 3:39 | 55  | 6:00  | 31.62 | 3:11:01 | 6:02   | 34 |         | 65  | 42:15   |
| □□ 7    | 5.27 | 32:25 | 6:09   | 7  | 4:14 | 42  | 6:18  | 36.89 | 3:43:26 | 6:03   | 24 |         | 64  | 48:33   |
| □□ Ziel | 5.27 | 32:24 | 6:08   | 5  | 4:01 | 41  | 6:41  | 42.16 | 4:15:50 | 6:04   | 15 | 2:55:04 | 80  | 3:49:03 |