



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

FISCHER, Kay

□□: SV Reinstetten

□□: 74

□□: 42.16 km

Marathon

□□□□:

Männer M30

□□□: 4:19:49

□□: 9.70 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 88 (of 289)

□□□□□/□: 84 (of 261)

□□□□□□: 3:20:36

□□□□□: 16(of 31)

□□□□□□□: 3:22:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 27:11 | 5:09 | 13 | 3:34 | 42 | 4:49 | 5.27 | 27:11 | 5:09 | 1 | - | 76 | |
| □□ 2 | 5.27 | 27:59 | 5:18 | 13 | 3:26 | 51 | 4:33 | 10.54 | 55:10 | 5:14 | 1 | - | 80 | |
| □□ 3 | 5.27 | 29:22 | 5:34 | 15 | 5:04 | 70 | 5:44 | 15.81 | 1:24:32 | 5:20 | 1 | - | 89 | |
| □□ 4 | 5.27 | 29:52 | 5:40 | 14 | 5:13 | 58 | 5:14 | 21.08 | 1:54:24 | 5:25 | 1 | - | 79 | |
| □□ 5 | 5.27 | 31:23 | 5:57 | 13 | 5:57 | 73 | 6:04 | 26.35 | 2:25:47 | 5:31 | 1 | - | 41 | 22:58 |
| □□ 6 | 5.27 | 35:40 | 6:46 | 19 | 9:49 | 119 | 9:49 | 31.62 | 3:01:27 | 5:44 | 29 | 23:26 | 233 | 32:41 |
| □□ 7 | 5.27 | 38:43 | 7:20 | 19 | 12:32 | 128 | 12:36 | 36.89 | 3:40:10 | 5:58 | 1 | - | 59 | 45:17 |
| □□□ Ziel | 5.27 | 39:39 | 7:31 | 18 | 13:35 | 132 | 13:56 | 42.16 | 4:19:49 | 6:09 | 16 | 57:06 | 94 | 3:53:02 |