



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**BARRAL FARTO, Ramon**

□□: Jogmap Ruhr

□□: 11

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 4:30:16

□□: 9.36 km/h

□□□□: 6:25 min/km

□□□□□/□□□: 110 (of 289)

□□□□□/□: 106 (of 261)

□□□□□□: 3:20:36

□□□□□: 19(of 42)

□□□□□□□: 3:29:26

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□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 5.27     | 33:02    | 6:16         | 28      | 10:40   | 158     | 10:40   | 5.27      | 33:02     | 6:16          | 12      |         | 114     |         |
| □□ 2     | 5.27     | 29:43    | 5:38         | 18      | 6:17    | 87      | 6:17    | 10.54     | 1:02:45   | 5:57          | 8       | 1:00    | 95      |         |
| □□ 3     | 5.27     | 30:09    | 5:43         | 14      | 6:31    | 80      | 6:31    | 15.81     | 1:32:54   | 5:52          | 12      |         | 109     |         |
| □□ 4     | 5.27     | 31:38    | 6:00         | 18      | 6:36    | 96      | 7:00    | 21.08     | 2:04:32   | 5:54          | 3       |         | 94      |         |
| □□ 5     | 5.27     | 35:06    | 6:39         | 29      | 8:57    | 145     | 9:47    | 26.35     | 2:39:38   | 6:03          | 28      |         | 102     | 36:49   |
| □□ 6     | 5.27     | 35:35    | 6:45         | 19      | 9:04    | 116     | 9:44    | 31.62     | 3:15:13   | 6:10          | 36      |         | 89      | 46:27   |
| □□ 7     | 5.27     | 37:55    | 7:11         | 17      | 10:16   | 111     | 11:48   | 36.89     | 3:53:08   | 6:19          | 28      |         | 98      | 58:15   |
| □□□ Ziel | 5.27     | 37:08    | 7:02         | 17      | 10:31   | 106     | 11:25   | 42.16     | 4:30:16   | 6:24          | 22      | 3:04:23 | 116     | 4:03:29 |