



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

LITWIN, Rüdiger

□□: LT Lippehasen

□□: 208

□□: 42.16 km

Marathon

□□□□:

Männer M55

□□□: 4:41:34

□□: 8.95 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 146 (of 289)

□□□□□/□: 141 (of 261)

□□□□□□: 3:20:36

□□□□□: 9(of 21)

□□□□□□□: 4:02:33

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	36:35	6:56	19	10:32	227	14:13	5.27	36:35	6:56	14	5:12	151		
□□ 2	5.27	37:25	7:05	18	10:11	236	13:59	10.54	1:14:00	7:01	9	20:20	119		
□□ 3	5.27	35:18	6:41	12	6:50	193	11:40	15.81	1:49:18	6:54	14	13:50	146		
□□ 4	5.27	32:27	6:09	8	3:14	118	7:49	21.08	2:21:45	6:43	12	12:05	117	10:05	
□□ 5	5.27	33:05	6:16	6	3:15	94	7:46	26.35	2:54:50	6:38	12	7:50	139	52:01	
□□ 6	5.27	34:04	6:27	7	2:12	88	8:13	31.62	3:28:54	6:36	12	2:20	125	1:00:08	
□□ 7	5.27	35:11	6:40	5	1:12	79	9:04	36.89	4:04:05	6:36	20	28:30	240	1:09:12	
□□□ Ziel	5.27	37:29	7:06	6	2:46	115	11:46	42.16	4:41:34	6:40	9	39:01	151	4:14:47	