



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

BEINTNER, Michael

□□□: 4:55:09

□□: Spirit of Jura

□□: 8.54 km/h

□□: 17

□□□□: 7:00 min/km

□□: 42.16 km

□□□□□/□□□: 187 (of 289)

Marathon

□□□□□/□: 175 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 17(of 32)

Männer M50

□□□□□□□: 3:20:36

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|----------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| □□ 1 | 5.27 | 32:48 | 6:13 | 14 | 8:45 | 153 | 10:26 | 5.27 | 32:48 | 6:13 | 16 | | 185 | |
| □□ 2 | 5.27 | 33:36 | 6:22 | 18 | 9:22 | 181 | 10:10 | 10.54 | 1:06:24 | 6:17 | 31 | 18:03 | 246 | |
| □□ 3 | 5.27 | 34:07 | 6:28 | 19 | 9:36 | 179 | 10:29 | 15.81 | 1:40:31 | 6:21 | 16 | | 180 | |
| □□ 4 | 5.27 | 35:06 | 6:39 | 19 | 10:28 | 177 | 10:28 | 21.08 | 2:15:37 | 6:26 | 15 | | 144 | 3:57 |
| □□ 5 | 5.27 | 36:20 | 6:53 | 17 | 11:01 | 168 | 11:01 | 26.35 | 2:51:57 | 6:31 | 14 | | 172 | 49:08 |
| □□ 6 | 5.27 | 38:59 | 7:23 | 19 | 13:02 | 177 | 13:08 | 31.62 | 3:30:56 | 6:40 | 13 | | 159 | 1:02:10 |
| □□ 7 | 5.27 | 43:41 | 8:17 | 20 | 17:34 | 188 | 17:34 | 36.89 | 4:14:37 | 6:54 | 14 | 0:59 | 153 | 1:19:44 |
| □□□ Ziel | 5.27 | 40:32 | 7:41 | 14 | 14:49 | 148 | 14:49 | 42.16 | 4:55:09 | 7:00 | 18 | 3:33:36 | 186 | 4:28:22 |