



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

BERTHOLD, Uwe

□□□: 4:57:29

□□: Burgstädter LV

□□: 8.47 km/h

□□: 22

□□□□: 7:04 min/km

□□: 42.16 km

□□□□□/□□□: 193 (of 289)

Marathon

□□□□□/□: 180 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 36(of 50)

Männer M45

□□□□□□□: 3:39:13

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|----------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| □□ 1 | 5.27 | 33:38 | 6:22 | 36 | 10:15 | 177 | 11:16 | 5.27 | 33:38 | 6:22 | 11 | 1:58 | 174 | |
| □□ 2 | 5.27 | 35:53 | 6:48 | 46 | 11:16 | 218 | 12:27 | 10.54 | 1:09:31 | 6:35 | 8 | 4:49 | 130 | |
| □□ 3 | 5.27 | 36:40 | 6:57 | 44 | 11:19 | 216 | 13:02 | 15.81 | 1:46:11 | 6:42 | 12 | 5:31 | 185 | |
| □□ 4 | 5.27 | 37:30 | 7:06 | 43 | 10:40 | 211 | 12:52 | 21.08 | 2:23:41 | 6:48 | 9 | 6:38 | 135 | 12:01 |
| □□ 5 | 5.27 | 37:02 | 7:01 | 35 | 9:24 | 179 | 11:43 | 26.35 | 3:00:43 | 6:51 | 1 | - | 161 | 57:54 |
| □□ 6 | 5.27 | 38:38 | 7:19 | 32 | 10:26 | 173 | 12:47 | 31.62 | 3:39:21 | 6:56 | 12 | 0:37 | 164 | 1:10:35 |
| □□ 7 | 5.27 | 42:53 | 8:08 | 37 | 14:42 | 180 | 16:46 | 36.89 | 4:22:14 | 7:06 | 10 | | 156 | 1:27:21 |
| □□□ Ziel | 5.27 | 35:15 | 6:41 | 16 | 6:52 | 74 | 9:32 | 42.16 | 4:57:29 | 7:03 | 37 | 3:36:43 | 191 | 4:30:42 |