



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**GNOYKE, Björn**

□□: Jogmap S.-H.

□□: 94

□□: 42.16 km

Marathon

□□□□:

Männer M40

□□□: 5:19:49

□□: 7.91 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 231 (of 289)

□□□□□/□: 213 (of 261)

□□□□□□: 3:20:36

□□□□□: 46(of 55)

□□□□□□□: 3:28:58

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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     | 32:04    | 6:05         | 32      | 8:51    | 143     | 9:42    | 5.27      | 32:04     | 6:05          | 21      |         | 223     |         |
| □□ 2     | 5.27     | 33:19    | 6:19         | 38      | 8:49    | 176     | 9:53    | 10.54     | 1:05:23   | 6:12          | 50      |         | 237     |         |
| □□ 3     | 5.27     | 35:23    | 6:42         | 43      | 10:46   | 195     | 11:45   | 15.81     | 1:40:46   | 6:22          | 20      | 10:34   | 218     |         |
| □□ 4     | 5.27     | 35:17    | 6:41         | 40      | 10:16   | 181     | 10:39   | 21.08     | 2:16:03   | 6:27          | 18      |         | 176     | 4:23    |
| □□ 5     | 5.27     | 36:54    | 7:00         | 39      | 10:36   | 176     | 11:35   | 26.35     | 2:52:57   | 6:33          | 20      |         | 201     | 50:08   |
| □□ 6     | 5.27     | 40:06    | 7:36         | 42      | 12:31   | 188     | 14:15   | 31.62     | 3:33:03   | 6:44          | 20      | 13:52   | 197     | 1:04:17 |
| □□ 7     | 5.27     | 50:48    | 9:38         | 54      | 22:17   | 245     | 24:41   | 36.89     | 4:23:51   | 7:09          | 18      | 13:21   | 189     | 1:28:58 |
| □□□ Ziel | 5.27     | 55:58    | 10:37        | 53      | 28:20   | 249     | 30:15   | 42.16     | 5:19:49   | 7:35          | 48      | 3:42:36 | 224     | 4:53:02 |