



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

STEINDL, Reinhart

□□: ASK Nettingsdorf
 □□: 355

□□: 42.16 km
 Marathon

□□□□:
 Männer M50

□□□: 5:33:45

□□: 7.55 km/h
 □□□□: 7:55 min/km

□□□□□/□□□: 250 (of 289)

□□□□□/□: 229 (of 261)

□□□□□□: 3:20:36

□□□□□: 28(of 32)

□□□□□□□: 3:20:36

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 38:16 | 7:15 | 30 | 14:13 | 248 | 15:54 | 5.27 | 38:16 | 7:15 | 5 | 1:57 | 238 | |
| □□ 2 | 5.27 | 37:59 | 7:12 | 29 | 13:45 | 246 | 14:33 | 10.54 | 1:16:15 | 7:14 | 5 | 27:54 | 174 | |
| □□ 3 | 5.27 | 39:30 | 7:29 | 30 | 14:59 | 250 | 15:52 | 15.81 | 1:55:45 | 7:19 | 5 | 11:55 | 234 | |
| □□ 4 | 5.27 | 40:33 | 7:41 | 30 | 15:55 | 244 | 15:55 | 21.08 | 2:36:18 | 7:24 | 5 | 18:41 | 192 | 24:38 |
| □□ 5 | 5.27 | 42:47 | 8:07 | 28 | 17:28 | 235 | 17:28 | 26.35 | 3:19:05 | 7:33 | 5 | 24:12 | 213 | 1:16:16 |
| □□ 6 | 5.27 | 43:15 | 8:12 | 27 | 17:18 | 215 | 17:24 | 31.62 | 4:02:20 | 7:39 | 30 | 28:59 | 250 | 1:33:34 |
| □□ 7 | 5.27 | 44:03 | 8:21 | 21 | 17:56 | 189 | 17:56 | 36.89 | 4:46:23 | 7:45 | 4 | 32:45 | 205 | 1:51:30 |
| □□□ Ziel | 5.27 | 47:22 | 8:59 | 24 | 21:39 | 214 | 21:39 | 42.16 | 5:33:45 | 7:54 | 29 | 4:12:12 | 240 | 5:06:58 |