



## 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**MAJEK, Jaroslaw**

□□: KB Maniac Poznan

□□: 215

□□: 42.16 km

Marathon

□□□□:

Männer M40

□□□: 5:53:13

□□: 7.16 km/h

□□□□: 8:23 min/km

□□□□□/□□□: 271 (of 289)

□□□□□/□: 245 (of 261)

□□□□□□: 3:20:36

□□□□□: 52(of 55)

□□□□□□□: 3:28:58

□□□□

□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 5.27     | 34:08    | 6:28         | 43      | 10:55   | 194     | 11:46   | 5.27      | 34:08     | 6:28          | 27      | 0:41    | 255     |         |
| □□ 2     | 5.27     | 36:11    | 6:51         | 51      | 11:41   | 226     | 12:45   | 10.54     | 1:10:19   | 6:40          | 55      | 1:46    | 259     |         |
| □□ 3     | 5.27     | 37:22    | 7:05         | 50      | 12:45   | 224     | 13:44   | 15.81     | 1:47:41   | 6:48          | 26      | 17:29   | 249     |         |
| □□ 4     | 5.27     | 44:30    | 8:26         | 54      | 19:29   | 254     | 19:52   | 21.08     | 2:32:11   | 7:13          | 24      | 8:34    | 208     | 20:31   |
| □□ 5     | 5.27     | 52:12    | 9:54         | 54      | 25:54   | 256     | 26:53   | 26.35     | 3:24:23   | 7:45          | 25      | 29:44   | 229     | 1:21:34 |
| □□ 6     | 5.27     | 52:48    | 10:01        | 54      | 25:13   | 255     | 26:57   | 31.62     | 4:17:11   | 8:08          | 26      | 58:00   | 224     | 1:48:25 |
| □□ 7     | 5.27     | 50:04    | 9:30         | 52      | 21:33   | 240     | 23:57   | 36.89     | 5:07:15   | 8:19          | 53      | 56:45   | 250     | 2:12:22 |
| □□□ Ziel | 5.27     | 45:58    | 8:43         | 46      | 18:20   | 205     | 20:15   | 42.16     | 5:53:13   | 8:22          | 54      | 4:16:00 | 256     | 5:26:26 |