



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**PENALBA, Rafael**

□□: team bittel  
 □□: 263

□□: 42.16 km  
 Marathon

□□□□:  
 Männer M50

□□□: 6:03:20

□□: 6.96 km/h  
 □□□□: 8:37 min/km

□□□□□/□□□: 276 (of 289)

□□□□□/□: 250 (of 261)

□□□□□□: 3:20:36

□□□□□: 31(of 32)

□□□□□□□: 3:20:36

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| □□□     | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|---------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|         | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| □□ 1    | 5.27 | 36:46 | 6:58   | 26 | 12:43 | 230 | 14:24 | 5.27  | 36:46   | 6:58   | 2  | 0:27    | 249 |         |
| □□ 2    | 5.27 | 39:21 | 7:28   | 31 | 15:07 | 253 | 15:55 | 10.54 | 1:16:07 | 7:13   | 2  | 27:46   | 193 |         |
| □□ 3    | 5.27 | 42:06 | 7:59   | 31 | 17:35 | 255 | 18:28 | 15.81 | 1:58:13 | 7:28   | 2  | 14:23   | 254 | 2:07    |
| □□ 4    | 5.27 | 49:17 | 9:21   | 32 | 24:39 | 258 | 24:39 | 21.08 | 2:47:30 | 7:56   | 2  | 29:53   | 213 | 35:50   |
| □□ 5    | 5.27 | 47:51 | 9:04   | 32 | 22:32 | 255 | 22:32 | 26.35 | 3:35:21 | 8:10   | 2  | 40:28   | 234 | 1:32:32 |
| □□ 6    | 5.27 | 49:11 | 9:19   | 32 | 23:14 | 249 | 23:20 | 31.62 | 4:24:32 | 8:21   | 2  | 51:11   | 228 | 1:55:46 |
| □□ 7    | 5.27 | 49:01 | 9:18   | 30 | 22:54 | 233 | 22:54 | 36.89 | 5:13:33 | 8:29   | 2  | 59:55   | 223 | 2:18:40 |
| □□ Ziel | 5.27 | 49:47 | 9:26   | 27 | 24:04 | 227 | 24:04 | 42.16 | 6:03:20 | 8:37   | 32 | 4:41:47 | 261 | 5:36:33 |