



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

CHRISTOFFERSEN, Lars

□□□: 3:55:47

□□: Hjulbenet.dk

□□: 10.69 km/h

□□: 40

□□□□: 5:35 min/km

□□: 42.16 km

□□□□□/□□□: 35 (of 289)

Marathon

□□□□□/□: 35 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 7(of 42)

Männer M35

□□□□□□□: 3:29:26

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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     | 28:45    | 5:27         | 10      | 6:23    | 68      | 6:23    | 5.27      | 28:45     | 5:27          | 31      |         | 43      |         |
| □□ 2     | 5.27     | 29:31    | 5:36         | 15      | 6:05    | 82      | 6:05    | 10.54     | 58:16     | 5:31          | 26      |         | 41      |         |
| □□ 3     | 5.27     | 30:16    | 5:44         | 16      | 6:38    | 84      | 6:38    | 15.81     | 1:28:32   | 5:35          | 29      |         | 38      |         |
| □□ 4     | 5.27     | 30:00    | 5:41         | 13      | 4:58    | 65      | 5:22    | 21.08     | 1:58:32   | 5:37          | 25      |         | 37      |         |
| □□ 5     | 5.27     | 29:24    | 5:34         | 9       | 3:15    | 39      | 4:05    | 26.35     | 2:27:56   | 5:36          | 26      |         | 32      | 25:07   |
| □□ 6     | 5.27     | 30:01    | 5:41         | 8       | 3:30    | 37      | 4:10    | 31.62     | 2:57:57   | 5:37          | 26      |         | 35      | 29:11   |
| □□ 7     | 5.27     | 29:36    | 5:37         | 3       | 1:57    | 18      | 3:29    | 36.89     | 3:27:33   | 5:37          | 24      |         | 28      | 32:40   |
| □□□ Ziel | 5.27     | 28:14    | 5:21         | 2       | 1:37    | 9       | 2:31    | 42.16     | 3:55:47   | 5:35          | 10      | 2:29:54 | 44      | 3:29:00 |