



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**DILLING, Matthias**

□□□: 4:07:00

□□: SV Empor Berlin

□□: 10.24 km/h

□□: 49

□□□□: 5:52 min/km

□□: 42.16 km

□□□□□/□□□: 53 (of 289)

Marathon

□□□□□/□: 52 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 5(of 22)

Männer M20

□□□□□□□: 3:31:12

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□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 5.27     | 29:00    | 5:30         | 7       | 4:58    | 80      | 6:38    | 5.27  | 29:00     | 5:30          | 16      |         | 62      |         |
| □□ 2     | 5.27     | 29:33    | 5:36         | 8       | 4:44    | 85      | 6:07    | 10.54 | 58:33     | 5:33          | 10      | 4:58    | 58      |         |
| □□ 3     | 5.27     | 30:09    | 5:43         | 8       | 5:15    | 80      | 6:31    | 15.81 | 1:28:42   | 5:36          | 16      |         | 57      |         |
| □□ 4     | 5.27     | 31:29    | 5:58         | 11      | 5:58    | 91      | 6:51    | 21.08 | 2:00:11   | 5:42          | 14      | 11:53   | 214     |         |
| □□ 5     | 5.27     | 31:12    | 5:55         | 8       | 5:12    | 69      | 5:53    | 26.35 | 2:31:23   | 5:44          | 15      |         | 50      | 28:34   |
| □□ 6     | 5.27     | 32:03    | 6:04         | 7       | 5:04    | 60      | 6:12    | 31.62 | 3:03:26   | 5:48          | 19      |         | 237     | 34:40   |
| □□ 7     | 5.27     | 32:32    | 6:10         | 5       | 4:12    | 43      | 6:25    | 36.89 | 3:35:58   | 5:51          | 15      |         | 46      | 41:05   |
| □□□ Ziel | 5.27     | 31:02    | 5:53         | 5       | 4:15    | 27      | 5:19    | 42.16 | 4:07:00   | 5:51          | 8       | 3:40:13 | 62      | 3:40:13 |