



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

KUNZE, Michael

□□□: 4:09:56

□□: PSV Grün-Weiß Kassel

□□: 10.08 km/h

□□: 193

□□□□: 5:56 min/km

□□: 42.16 km

□□□□□/□□□: 60 (of 289)

Marathon

□□□□□/□: 58 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 13(of 31)

Männer M30

□□□□□□□: 3:22:43

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 30:11 | 5:43 | 20 | 6:34 | 96 | 7:49 | 5.27 | 30:11 | 5:43 | 20 | 3:00 | 68 | |
| □□ 2 | 5.27 | 29:57 | 5:40 | 17 | 5:24 | 91 | 6:31 | 10.54 | 1:00:08 | 5:42 | 27 | 4:58 | 199 | |
| □□ 3 | 5.27 | 30:14 | 5:44 | 18 | 5:56 | 83 | 6:36 | 15.81 | 1:30:22 | 5:42 | 20 | 5:50 | 63 | |
| □□ 4 | 5.27 | 30:41 | 5:49 | 16 | 6:02 | 75 | 6:03 | 21.08 | 2:01:03 | 5:44 | 28 | 6:39 | 215 | |
| □□ 5 | 5.27 | 30:39 | 5:48 | 11 | 5:13 | 56 | 5:20 | 26.35 | 2:31:42 | 5:45 | 18 | 5:55 | 56 | 28:53 |
| □□ 6 | 5.27 | 31:58 | 6:03 | 9 | 6:07 | 59 | 6:07 | 31.62 | 3:03:40 | 5:48 | 27 | 25:39 | 57 | 34:54 |
| □□ 7 | 5.27 | 34:04 | 6:27 | 9 | 7:53 | 59 | 7:57 | 36.89 | 3:37:44 | 5:54 | 17 | | 52 | 42:51 |
| □□□ Ziel | 5.27 | 32:12 | 6:06 | 8 | 6:08 | 40 | 6:29 | 42.16 | 4:09:56 | 5:55 | 13 | 47:13 | 68 | 3:43:09 |