



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

PULFER, Martin

□□□: 4:10:06

□□: Sport-am-Ort

□□: 10.08 km/h

□□: 283

□□□□: 5:56 min/km

□□: 42.16 km

□□□□□/□□□: 62 (of 289)

Marathon

□□□□□/□: 60 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 14(of 31)

Männer M30

□□□□□□□: 3:22:43

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 26:06 | 4:57 | 11 | 2:29 | 30 | 3:44 | 5.27 | 26:06 | 4:57 | 19 | | | 70 | |
| □□ 2 | 5.27 | 26:57 | 5:06 | 10 | 2:24 | 32 | 3:31 | 10.54 | 53:03 | 5:01 | 21 | | | 30 | |
| □□ 3 | 5.27 | 27:43 | 5:15 | 10 | 3:25 | 33 | 4:05 | 15.81 | 1:20:46 | 5:06 | 19 | | | 65 | |
| □□ 4 | 5.27 | 29:40 | 5:37 | 12 | 5:01 | 55 | 5:02 | 21.08 | 1:50:26 | 5:14 | 27 | | | 61 | |
| □□ 5 | 5.27 | 32:03 | 6:04 | 14 | 6:37 | 84 | 6:44 | 26.35 | 2:22:29 | 5:24 | 17 | | | 27 | 19:40 |
| □□ 6 | 5.27 | 34:14 | 6:29 | 16 | 8:23 | 95 | 8:23 | 31.62 | 2:56:43 | 5:35 | 28 | 18:42 | | 58 | 27:57 |
| □□ 7 | 5.27 | 37:39 | 7:08 | 15 | 11:28 | 108 | 11:32 | 36.89 | 3:34:22 | 5:48 | 16 | | | 54 | 39:29 |
| □□□ Ziel | 5.27 | 35:44 | 6:46 | 13 | 9:40 | 81 | 10:01 | 42.16 | 4:10:06 | 5:55 | 14 | 47:23 | | 70 | 3:43:19 |