



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**BENKE, Tobias**

□□□: 4:14:02

□□: Laupertshausen

□□: 9.92 km/h

□□: 19

□□□□: 6:02 min/km

□□: 42.16 km

□□□□□/□□□: 70 (of 289)

Marathon

□□□□□/□: 66 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 15(of 31)

Männer M30

□□□□□□□: 3:22:43

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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     | 27:11    | 5:09         | 13      | 3:34    | 42      | 4:49    | 5.27  | 27:11     | 5:09      | 1             | -       | 76      |         |         |
| □□ 2     | 5.27     | 30:30    | 5:47         | 20      | 5:57    | 109     | 7:04    | 10.54 | 57:41     | 5:28      | 14            | 2:31    | 70      |         |         |
| □□ 3     | 5.27     | 27:54    | 5:17         | 11      | 3:36    | 35      | 4:16    | 15.81 | 1:25:35   | 5:24      | 18            | 1:03    | 28      |         |         |
| □□ 4     | 5.27     | 31:33    | 5:59         | 19      | 6:54    | 93      | 6:55    | 21.08 | 1:57:08   | 5:33      | 23            | 2:44    | 66      |         |         |
| □□ 5     | 5.27     | 33:30    | 6:21         | 18      | 8:04    | 108     | 8:11    | 26.35 | 2:30:38   | 5:42      | 16            | 4:51    | 64      | 27:49   |         |
| □□ 6     | 5.27     | 34:07    | 6:28         | 15      | 8:16    | 90      | 8:16    | 31.62 | 3:04:45   | 5:50      | 24            | 26:44   | 62      | 35:59   |         |
| □□ 7     | 5.27     | 34:38    | 6:34         | 10      | 8:27    | 69      | 8:31    | 36.89 | 3:39:23   | 5:56      | 15            |         | 60      | 44:30   |         |
| □□□ Ziel | 5.27     | 34:39    | 6:34         | 11      | 8:35    | 68      | 8:56    | 42.16 | 4:14:02   | 6:01      | 15            | 51:19   | 76      | 3:47:15 |         |