



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 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	