



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**SCHIETZEL, Heiko**

□□□: 4:16:21

□□: LG-Priestewitz

□□: 9.83 km/h

□□: 312

□□□□: 6:05 min/km

□□: 42.16 km

□□□□□/□□□: 77 (of 289)

Marathon

□□□□□/□: 73 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 16(of 50)

Männer M45

□□□□□□□: 3:39:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	33:39	6:23	38	10:16	179	11:17	5.27	33:39	6:23	42	1:59	83		
□□ 2	5.27	30:47	5:50	24	6:10	121	7:21	10.54	1:04:26	6:06	45		233		
□□ 3	5.27	30:20	5:45	14	4:59	86	6:42	15.81	1:34:46	5:59	41		78		
□□ 4	5.27	30:32	5:47	13	3:42	74	5:54	21.08	2:05:18	5:56	46		234		
□□ 5	5.27	30:40	5:49	9	3:02	57	5:21	26.35	2:35:58	5:55	39		71	33:09	
□□ 6	5.27	31:25	5:57	8	3:13	50	5:34	31.62	3:07:23	5:55	48		242	38:37	
□□ 7	5.27	34:23	6:31	14	6:12	63	8:16	36.89	3:41:46	6:00	39		67	46:53	
□□□ Ziel	5.27	34:35	6:33	14	6:12	67	8:52	42.16	4:16:21	6:04	17	2:55:35	83	3:49:34	