



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

HILDEN, Georg

□□□: 4:37:57

□□: Red Wine Finishers

□□: 9.07 km/h

□□: 121

□□□□: 6:35 min/km

□□: 42.16 km

□□□□□/□□□: 135 (of 289)

Marathon

□□□□□/□: 131 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 30(of 55)

Männer M40

□□□□□□□: 3:28:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	5.27	35:51	6:48	46	12:38	217	13:29	5.27	35:51	6:48	5	2:24	141		
□□ 2	5.27	34:00	6:27	41	9:30	188	10:34	10.54	1:09:51	6:37	8	1:18	113		
□□ 3	5.27	34:55	6:37	42	10:18	189	11:17	15.81	1:44:46	6:37	4	14:34	136		
□□ 4	5.27	39:16	7:27	50	14:15	227	14:38	21.08	2:24:02	6:49	4	0:25	112	12:22	
□□ 5	5.27	31:54	6:03	16	5:36	82	6:35	26.35	2:55:56	6:40	5	1:17	129	53:07	
□□ 6	5.27	33:19	6:19	16	5:44	76	7:28	31.62	3:29:15	6:37	4	10:04	115	1:00:29	
□□ 7	5.27	34:35	6:33	16	6:04	67	8:28	36.89	4:03:50	6:36	4		121	1:08:57	
□□□ Ziel	5.27	34:07	6:28	13	6:29	62	8:24	42.16	4:37:57	6:35	32	3:00:44	141	4:11:10	