



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**FRÖHLICH, Tobias**

□□□: 4:38:11

□□: LG Halbe Lunge Bärnin

□□: 9.09 km/h

□□: 82

□□□□: 6:36 min/km

□□: 42.16 km

□□□□□/□□□: 138 (of 289)

Marathon

□□□□□/□: 134 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 12(of 22)

Männer M20

□□□□□□□: 3:31:12

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| □□□     | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|---------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|         | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| □□ 1    | 5.27 | 32:06 | 6:05   | 12 | 8:04  | 146 | 9:44  | 5.27  | 32:06   | 6:05   | 9  |         | 134 |         |
| □□ 2    | 5.27 | 30:33 | 5:47   | 12 | 5:44  | 112 | 7:07  | 10.54 | 1:02:39 | 5:56   | 3  | 9:04    | 114 |         |
| □□ 3    | 5.27 | 30:47 | 5:50   | 11 | 5:53  | 95  | 7:09  | 15.81 | 1:33:26 | 5:54   | 9  |         | 139 |         |
| □□ 4    | 5.27 | 31:28 | 5:58   | 10 | 5:57  | 89  | 6:50  | 21.08 | 2:04:54 | 5:55   | 6  | 16:36   | 115 |         |
| □□ 5    | 5.27 | 33:33 | 6:21   | 12 | 7:33  | 111 | 8:14  | 26.35 | 2:38:27 | 6:00   | 9  |         | 132 | 35:38   |
| □□ 6    | 5.27 | 36:05 | 6:50   | 13 | 9:06  | 124 | 10:14 | 31.62 | 3:14:32 | 6:09   | 9  |         | 118 | 45:46   |
| □□ 7    | 5.27 | 41:35 | 7:53   | 13 | 13:15 | 168 | 15:28 | 36.89 | 3:56:07 | 6:24   | 9  | 1:23    | 122 | 1:01:14 |
| □□ Ziel | 5.27 | 42:04 | 7:58   | 15 | 15:17 | 170 | 16:21 | 42.16 | 4:38:11 | 6:35   | 15 | 4:11:24 | 144 | 4:11:24 |