



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

TSCHERNATSCH, André

□□□: 4:41:05

□□: Hanau

□□: 8.97 km/h

□□: 381

□□□□: 6:40 min/km

□□: 42.16 km

□□□□□/□□□: 145 (of 289)

Marathon

□□□□□/□: 140 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 24(of 50)

Männer M45

□□□□□□□: 3:39:13

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 29:24 | 5:34 | 17 | 6:01 | 85 | 7:02 | 5.27 | 29:24 | 5:34 | 50 | - | - | 150 | |
| □□ 2 | 5.27 | 30:53 | 5:51 | 25 | 6:16 | 123 | 7:27 | 10.54 | 1:00:17 | 5:43 | 37 | - | - | 201 | |
| □□ 3 | 5.27 | 31:54 | 6:03 | 26 | 6:33 | 129 | 8:16 | 15.81 | 1:32:11 | 5:49 | 49 | - | - | 145 | |
| □□ 4 | 5.27 | 32:58 | 6:15 | 26 | 6:08 | 132 | 8:20 | 21.08 | 2:05:09 | 5:56 | 45 | - | - | 230 | |
| □□ 5 | 5.27 | 35:40 | 6:46 | 31 | 8:02 | 158 | 10:21 | 26.35 | 2:40:49 | 6:06 | 34 | - | - | 138 | 38:00 |
| □□ 6 | 5.27 | 37:36 | 7:08 | 29 | 9:24 | 152 | 11:45 | 31.62 | 3:18:25 | 6:16 | 42 | - | - | 124 | 49:39 |
| □□ 7 | 5.27 | 38:45 | 7:21 | 29 | 10:34 | 129 | 12:38 | 36.89 | 3:57:10 | 6:25 | 2 | - | - | 128 | 1:02:17 |
| □□□ Ziel | 5.27 | 43:55 | 8:20 | 40 | 15:32 | 189 | 18:12 | 42.16 | 4:41:05 | 6:40 | 25 | 3:20:19 | - | 150 | 4:14:18 |