



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

NIEMANN, Carsten

□□□: 4:43:53

□□: TC Fiko Rostock

□□: 8.88 km/h

□□: 246

□□□□: 6:44 min/km

□□: 42.16 km

□□□□□/□□□: 152 (of 289)

Marathon

□□□□□/□: 146 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 28(of 42)

Männer M35

□□□□□□□: 3:29:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 33:05 | 6:16 | 29 | 10:43 | 161 | 10:43 | 5.27 | 33:05 | 6:16 | 10 | | 96 | |
| □□ 2 | 5.27 | 33:45 | 6:24 | 35 | 10:19 | 186 | 10:19 | 10.54 | 1:06:50 | 6:20 | 12 | 5:05 | 123 | |
| □□ 3 | 5.27 | 33:23 | 6:20 | 31 | 9:45 | 164 | 9:45 | 15.81 | 1:40:13 | 6:20 | 10 | | 151 | |
| □□ 4 | 5.27 | 33:20 | 6:19 | 27 | 8:18 | 143 | 8:42 | 21.08 | 2:13:33 | 6:20 | 6 | | 119 | 1:53 |
| □□ 5 | 5.27 | 35:09 | 6:40 | 31 | 9:00 | 149 | 9:50 | 26.35 | 2:48:42 | 6:24 | 10 | | 118 | 45:53 |
| □□ 6 | 5.27 | 37:11 | 7:03 | 24 | 10:40 | 143 | 11:20 | 31.62 | 3:25:53 | 6:30 | 8 | | 130 | 57:07 |
| □□ 7 | 5.27 | 39:27 | 7:29 | 25 | 11:48 | 146 | 13:20 | 36.89 | 4:05:20 | 6:39 | 38 | | 242 | 1:10:27 |
| □□□ Ziel | 5.27 | 38:33 | 7:18 | 21 | 11:56 | 121 | 12:50 | 42.16 | 4:43:53 | 6:44 | 31 | 3:18:00 | 156 | 4:17:06 |