



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

MICHEL, Dr. Peter

□□□: 4:47:29

□□: Berlin

□□: 8.77 km/h

□□: 232

□□□□: 6:49 min/km

□□: 42.16 km

□□□□□/□□□: 159 (of 289)

Marathon

□□□□□/□: 152 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 31(of 50)

Männer M45

□□□□□□□: 3:39:13

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 30:47 | 5:50 | 20 | 7:24 | 109 | 8:25 | 5.27 | 30:47 | 5:50 | 7 | - | 161 | |
| □□ 2 | 5.27 | 30:43 | 5:49 | 22 | 6:06 | 115 | 7:17 | 10.54 | 1:01:30 | 5:50 | 7 | - | 126 | |
| □□ 3 | 5.27 | 32:48 | 6:13 | 30 | 7:27 | 151 | 9:10 | 15.81 | 1:34:18 | 5:57 | 7 | - | 156 | |
| □□ 4 | 5.27 | 34:35 | 6:33 | 33 | 7:45 | 168 | 9:57 | 21.08 | 2:08:53 | 6:06 | 7 | - | 124 | |
| □□ 5 | 5.27 | 35:22 | 6:42 | 29 | 7:44 | 154 | 10:03 | 26.35 | 2:44:15 | 6:14 | 8 | - | 149 | 41:26 |
| □□ 6 | 5.27 | 39:31 | 7:29 | 35 | 11:19 | 182 | 13:40 | 31.62 | 3:23:46 | 6:26 | 7 | - | 135 | 55:00 |
| □□ 7 | 5.27 | 40:51 | 7:45 | 32 | 12:40 | 160 | 14:44 | 36.89 | 4:04:37 | 6:37 | 6 | - | 133 | 1:09:44 |
| □□□ Ziel | 5.27 | 42:52 | 8:08 | 35 | 14:29 | 178 | 17:09 | 42.16 | 4:47:29 | 6:49 | 32 | 3:26:43 | 162 | 4:20:42 |