



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

JESSE, Christian

□□: EV Wörthersee
 □□: 149

□□: 42.16 km
 Marathon

□□□□:
 Männer M40

□□□: 5:00:28

□□: 8.39 km/h
 □□□□: 7:08 min/km

□□□□□/□□□: 196 (of 289)

□□□□□/□: 183 (of 261)

□□□□□□: 3:20:36

□□□□□: 44(of 55)

□□□□□□□: 3:28:58

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 33:04 | 6:16 | 36 | 9:51 | 159 | 10:42 | 5.27 | 33:04 | 6:16 | 19 | | 101 | |
| □□ 2 | 5.27 | 32:14 | 6:06 | 34 | 7:44 | 151 | 8:48 | 10.54 | 1:05:18 | 6:11 | 49 | | 235 | |
| □□ 3 | 5.27 | 33:19 | 6:19 | 36 | 8:42 | 162 | 9:41 | 15.81 | 1:38:37 | 6:14 | 18 | 8:25 | 187 | |
| □□ 4 | 5.27 | 35:02 | 6:38 | 38 | 10:01 | 173 | 10:24 | 21.08 | 2:13:39 | 6:20 | 16 | | 150 | 1:59 |
| □□ 5 | 5.27 | 37:29 | 7:06 | 44 | 11:11 | 191 | 12:10 | 26.35 | 2:51:08 | 6:29 | 19 | | 179 | 48:19 |
| □□ 6 | 5.27 | 41:08 | 7:48 | 44 | 13:33 | 197 | 15:17 | 31.62 | 3:32:16 | 6:42 | 13 | 13:05 | 152 | 1:03:30 |
| □□ 7 | 5.27 | 42:49 | 8:07 | 42 | 14:18 | 178 | 16:42 | 36.89 | 4:15:05 | 6:54 | 16 | 4:35 | 158 | 1:20:12 |
| □□□ Ziel | 5.27 | 45:23 | 8:36 | 45 | 17:45 | 199 | 19:40 | 42.16 | 5:00:28 | 7:07 | 46 | 3:23:15 | 194 | 4:33:41 |