



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

BENTELE, Benjamin

□□□: 5:07:08

□□: SV Reinstetten

□□: 8.20 km/h

□□: 20

□□□□: 7:17 min/km

□□: 42.16 km

□□□□□/□□□: 208 (of 289)

Marathon

□□□□□/□: 194 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 17(of 22)

Männer M20

□□□□□□□: 3:31:12

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 24:02 | 4:33 | 1 | - | 7 | 1:40 | 5.27 | 24:02 | 4:33 | 4 | - | 61 | |
| □□ 2 | 5.27 | 27:22 | 5:11 | 3 | 2:33 | 38 | 3:56 | 10.54 | 51:24 | 4:52 | 4 | - | 147 | |
| □□ 3 | 5.27 | 29:52 | 5:40 | 6 | 4:58 | 77 | 6:14 | 15.81 | 1:21:16 | 5:08 | 4 | - | 199 | |
| □□ 4 | 5.27 | 34:57 | 6:37 | 18 | 9:26 | 170 | 10:19 | 21.08 | 1:56:13 | 5:30 | 3 | 7:55 | 160 | |
| □□ 5 | 5.27 | 32:20 | 6:08 | 11 | 6:20 | 86 | 7:01 | 26.35 | 2:28:33 | 5:38 | 4 | - | 189 | 25:44 |
| □□ 6 | 5.27 | 35:16 | 6:41 | 12 | 8:17 | 111 | 9:25 | 31.62 | 3:03:49 | 5:48 | 4 | - | 178 | 35:03 |
| □□ 7 | 5.27 | 1:01:42 | 11:42 | 19 | 33:22 | 255 | 35:35 | 36.89 | 4:05:31 | 6:39 | 4 | 10:47 | 170 | 1:10:38 |
| □□□ Ziel | 5.27 | 1:01:37 | 11:41 | 20 | 34:50 | 253 | 35:54 | 42.16 | 5:07:08 | 7:17 | 20 | 4:40:21 | 205 | 4:40:21 |