



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

**BENTELE, Benjamin**

□□□: 5:07:08

□□: SV Reinstetten

□□: 8.24 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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□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 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 |         |