



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

HENNING, Christian

□□□: 5:55:33

□□: Kassel

□□: 7.09 km/h

□□: 117

□□□□: 8:26 min/km

□□: 42.16 km

□□□□□/□□□: 272 (of 289)

Marathon

□□□□□/□: 246 (of 261)

□□□□□□: 3:20:36

□□□□:

□□□□□: 19(of 22)

Männer M20

□□□□□□□: 3:31:12

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 38:07 | 7:13 | 21 | 14:05 | 246 | 15:45 | 5.27 | 38:07 | 7:13 | 2 | 3:04 | 256 | | |
| □□ 2 | 5.27 | 38:38 | 7:19 | 21 | 13:49 | 250 | 15:12 | 10.54 | 1:16:45 | 7:16 | 2 | 23:10 | 189 | | |
| □□ 3 | 5.27 | 38:00 | 7:12 | 20 | 13:06 | 240 | 14:22 | 15.81 | 1:54:45 | 7:15 | 2 | 17:42 | 236 | | |
| □□ 4 | 5.27 | 39:23 | 7:28 | 19 | 13:52 | 229 | 14:45 | 21.08 | 2:34:08 | 7:18 | 2 | 45:50 | 209 | 22:28 | |
| □□ 5 | 5.27 | 40:47 | 7:44 | 20 | 14:47 | 222 | 15:28 | 26.35 | 3:14:55 | 7:23 | 2 | 31:41 | 230 | 1:12:06 | |
| □□ 6 | 5.27 | 44:49 | 8:30 | 19 | 17:50 | 225 | 18:58 | 31.62 | 3:59:44 | 7:34 | 2 | 41:35 | 225 | 1:30:58 | |
| □□ 7 | 5.27 | 48:25 | 9:11 | 15 | 20:05 | 229 | 22:18 | 36.89 | 4:48:09 | 7:48 | 2 | 53:25 | 220 | 1:53:16 | |
| □□□ Ziel | 5.27 | 1:07:24 | 12:47 | 21 | 40:37 | 254 | 41:41 | 42.16 | 5:55:33 | 8:26 | 22 | 5:28:46 | 257 | 5:28:46 | |