



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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**KASTL, Helmut**

□□: SK-Voest  
 □□: 159

□□: 42.16 km  
 Marathon

□□□□:  
 Männer M45

□□□: 3:39:13

□□: 11.54 km/h  
 □□□□: 5:12 min/km

□□□□□/□□□: 12 (of 289)

□□□□□/□: 12 (of 261)

□□□□□□: 3:20:36

□□□□□: 1(of 50)

□□□□□□□: 3:39:13

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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     | 26:23    | 5:00         | 6       | 3:00    | 33      | 4:01    | 5.27      | 26:23     | 5:00          | 27      | -       | 19      | -       |
| □□ 2     | 5.27     | 25:25    | 4:49         | 3       | 0:48    | 12      | 1:59    | 10.54     | 51:48     | 4:54          | 3       | -       | 17      | -       |
| □□ 3     | 5.27     | 25:57    | 4:55         | 2       | 0:36    | 12      | 2:19    | 15.81     | 1:17:45   | 4:55          | 38      | -       | 15      | -       |
| □□ 4     | 5.27     | 27:09    | 5:09         | 2       | 0:19    | 23      | 2:31    | 21.08     | 1:44:54   | 4:58          | 3       | -       | 13      | -       |
| □□ 5     | 5.27     | 28:41    | 5:26         | 3       | 1:03    | 28      | 3:22    | 26.35     | 2:13:35   | 5:04          | 2       | -       | 9       | 10:46   |
| □□ 6     | 5.27     | 28:12    | 5:21         | 1       | -       | 14      | 2:21    | 31.62     | 2:41:47   | 5:06          | 33      | -       | 12      | 13:01   |
| □□ 7     | 5.27     | 29:03    | 5:30         | 2       | 0:52    | 11      | 2:56    | 36.89     | 3:10:50   | 5:10          | 3       | -       | 6       | 15:57   |
| □□□ Ziel | 5.27     | 28:23    | 5:23         | 1       | -       | 10      | 2:40    | 42.16     | 3:39:13   | 5:11          | 2       | 2:18:27 | 20      | 3:12:26 |