



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

□□□□

COSTA, Julio

□□: SV Langendreer 04

□□: 44

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 3:46:06

□□: 11.15 km/h

□□□□: 5:22 min/km

□□□□□/□□□: 19 (of 289)

□□□□□/□: 19 (of 261)

□□□□□□: 3:20:36

□□□□□: 3(of 42)

□□□□□□□: 3:29:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 5.27 | 22:22 | 4:14 | 1 | - | 1 | - | 5.27 | 22:22 | 4:14 | 27 | - | - | 26 | |
| □□ 2 | 5.27 | 23:26 | 4:26 | 1 | - | 1 | - | 10.54 | 45:48 | 4:20 | 23 | - | - | 24 | |
| □□ 3 | 5.27 | 23:38 | 4:29 | 1 | - | 1 | - | 15.81 | 1:09:26 | 4:23 | 41 | - | - | 255 | |
| □□ 4 | 5.27 | 25:02 | 4:45 | 1 | - | 4 | 0:24 | 21.08 | 1:34:28 | 4:28 | 21 | - | - | 20 | |
| □□ 5 | 5.27 | 26:09 | 4:57 | 1 | - | 5 | 0:50 | 26.35 | 2:00:37 | 4:34 | 22 | - | - | 16 | |
| □□ 6 | 5.27 | 28:51 | 5:28 | 5 | 2:20 | 19 | 3:00 | 31.62 | 2:29:28 | 4:43 | 22 | - | - | 19 | 0:42 |
| □□ 7 | 5.27 | 36:31 | 6:55 | 14 | 8:52 | 93 | 10:24 | 36.89 | 3:05:59 | 5:02 | 36 | - | - | 228 | 11:06 |
| □□□ Ziel | 5.27 | 40:07 | 7:36 | 26 | 13:30 | 137 | 14:24 | 42.16 | 3:46:06 | 5:21 | 6 | 2:20:13 | - | 27 | 3:19:19 |