



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Schmidt-Böse, Birgit

□□□: 4:48:10

□□: 1. Tri Team Gütersloh GTV

□□: 8.78 km/h

□□: 392

□□□□: 6:50 min/km

□□: 42.18 km

□□□□□/□□□: 209 (of 305)

Marathon

□□□□□/□: 17 (of 34)

□□□□□□: 3:41:58

□□□□:

□□□□□: 3(of 5)

Frauen W40

□□□□□□□: 4:29:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:28	4:56	4	0:55	29	1:14	0.50	2:28	4:56	3	0:55	3	
Runde	3.47	22:03	6:21	4	4:18	24	5:00	3.97	24:31	6:10	3	5:13	3	
Runde	3.47	22:41	6:32	4	3:19	23	22:23	7.44	47:12	6:20	3	8:32	3	
Runde	3.47	23:31	6:46	4	3:33	24	22:48	10.91	1:10:43	6:28	3	12:05	3	
Runde	3.47	23:13	6:41	3	3:14	23	22:17	14.38	1:33:56	6:31	3	15:19	3	
Runde	3.47	23:19	6:43	3	2:36	19	5:16	17.85	1:57:15	6:34	3	17:55	3	
Runde	3.47	22:52	6:35	3	1:19	14	4:20	21.32	2:20:07	6:34	3	19:13	3	
Runde	3.47	24:06	6:56	3	2:09	18	5:48	24.79	2:44:13	6:37	3	21:22	3	
Runde	3.47	24:55	7:10	3	1:41	19	6:07	28.26	3:09:08	6:41	3	22:54	16	4:18
Runde	3.47	24:28	7:03	3	0:43	14	5:42	31.73	3:33:36	6:43	3	21:08	14	3:47
Runde	3.47	26:09	7:32	2	1:35	17	7:01	35.20	3:59:45	6:48	3	20:30	14	3:22
Runde	3.47	25:08	7:14	3	0:15	18	6:19	38.67	4:24:53	6:50	3	20:32	16	2:58
Ziel	3.47	23:17	6:42	1	-	9	22:50	42.18	4:48:10	6:49	3	19:09	17	1:06:12