



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

## Detalizēti rezultāti

**Köhnke, Jan**

Klubs: TSV Rittershausen  
Numurs: 266

Posms: 42.18 km  
Marathon

Grupa:  
Männer M35

Kopējais laiks: 4:26:17

Ātrums: 9.46 km/h  
Skrējiena izpildījums: 6:19 min/km

Vieta distancē/Kopā: 130 (no 305)

Vieta distancē/Vīrieši: 122 (no 271)

Distances labākais laiks: 3:01:21

Vieta grupā: 17(no 32)

Grupas labākais laiks: 3:05:20

| Kontrolpunkts | Posma rezultāts |             |              |                     |                      |                        |                        | Kopējais rezultāts |            |             |                     |                      |                        |                        |
|---------------|-----------------|-------------|--------------|---------------------|----------------------|------------------------|------------------------|--------------------|------------|-------------|---------------------|----------------------|------------------------|------------------------|
|               | Posma km        | Posma Laiks | Posma min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši | Kopā km            | Kopā Laiks | Kopā min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši |
| Runde         | 0.50            | 1:50        | 3:39         | 16                  | 0:41                 | 107                    | 0:41                   | 0.50               | 1:50       | 3:39        | 16                  |                      |                        | 111                    |
| Runde         | 3.47            | 19:48       | 5:42         | 20                  | 5:35                 | 146                    | 6:17                   | 3.97               | 21:38      | 5:26        | 16                  | 0:06                 |                        | 142                    |
| Runde         | 3.47            | 20:28       | 5:53         | 21                  | 6:01                 | 163                    | 6:14                   | 7.44               | 42:06      | 5:39        | 16                  | 0:23                 |                        | 110                    |
| Runde         | 3.47            | 20:15       | 5:50         | 21                  | 5:23                 | 147                    | 17:06                  | 10.91              | 1:02:21    | 5:42        | 16                  | 0:35                 |                        | 139                    |
| Runde         | 3.47            | 20:32       | 5:55         | 18                  | 5:23                 | 142                    | 6:11                   | 14.38              | 1:22:53    | 5:45        | 16                  |                      |                        | 137                    |
| Runde         | 3.47            | 20:15       | 5:50         | 14                  | 4:51                 | 112                    | 5:50                   | 17.85              | 1:43:08    | 5:46        | 16                  |                      |                        | 136 9:06               |
| Runde         | 3.47            | 20:58       | 6:02         | 17                  | 5:21                 | 120                    | 6:23                   | 21.32              | 2:04:06    | 5:49        | 16                  |                      |                        | 135 36:58              |
| Runde         | 3.47            | 22:46       | 6:33         | 20                  | 7:16                 | 163                    | 8:14                   | 24.79              | 2:26:52    | 5:55        | 16                  |                      |                        | 135 44:49              |
| Runde         | 3.47            | 22:41       | 6:32         | 17                  | 6:54                 | 128                    | 8:16                   | 28.26              | 2:49:33    | 5:59        | 16                  |                      |                        | 130 52:16              |
| Runde         | 3.47            | 22:58       | 6:37         | 15                  | 7:15                 | 117                    | 7:59                   | 31.73              | 3:12:31    | 6:04        | 16                  |                      |                        | 128 59:00              |
| Runde         | 3.47            | 23:31       | 6:46         | 14                  | 7:44                 | 103                    | 8:04                   | 35.20              | 3:36:02    | 6:08        | 16                  |                      |                        | 124 1:01:52            |
| Runde         | 3.47            | 25:01       | 7:12         | 18                  | 9:09                 | 125                    | 9:09                   | 38.67              | 4:01:03    | 6:14        | 16                  | 0:26                 |                        | 123 1:15:55            |
| Ziel          | 3.47            | 25:14       | 7:16         | 21                  | 9:38                 | 146                    | 9:38                   | 42.18              | 4:26:17    | 6:18        | 17                  | 1:20:57              | 122                    | 1:24:56                |