



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Linke, Falk

□□: TLV Ransdorf
 □□: 218

□□: 42.16 km
 Marathon

□□□□:
 Männer M30

□□□: 3:49:10

□□: 11.00 km/h
 □□□□: 5:26 min/km

□□□□□/□□□: 18 (of 311)

□□□□□/□: 18 (of 279)

□□□□□□: 3:02:44

□□□□□: 4(of 33)

□□□□□□□: 3:37:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	24:55	4:43	3	0:26	14	3:12	5.27	24:55	4:43	31	-	23	
Runde	5.27	26:12	4:58	4	1:45	19	4:29	10.54	51:07	4:50	31	-	17	7:41
Runde	5.27	27:32	5:13	7	3:33	27	5:17	15.81	1:18:39	4:58	31	-	18	12:58
Runde	5.27	29:18	5:33	8	3:51	42	6:30	21.08	1:47:57	5:07	31	-	18	19:28
Runde	5.27	31:45	6:01	12	5:14	65	9:09	26.35	2:19:42	5:18	31	-	18	28:37
Runde	5.27	28:44	5:27	2	0:31	12	6:12	31.62	2:48:26	5:19	31	-	18	34:49
Runde	5.27	32:00	6:04	5	1:57	32	8:48	36.89	3:20:26	5:25	31	-	18	43:37
Runde	5.27	28:44	5:27	2	0:12	9	12:59	42.16	3:49:10	5:26	4	11:31	23	2:55:48