



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Dreyheller, Jens

□□□: 3:54:08

□□: Getränke Waldhoff Thörey

□□: 10.80 km/h

□□: 91

□□□□: 5:33 min/km

□□: 42.16 km

□□□□□/□□□: 24 (of 311)

Marathon

□□□□□/□: 24 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 6(of 35)

Männer M35

□□□□□□□: 3:26:19

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□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 24:50    | 4:42         | 5       | 1:29    | 12      | 3:07    | 5.27      | 24:50     | 4:42          | 25      | -       | 30      |         |
| Runde | 5.27     | 26:18    | 4:59         | 5       | 1:42    | 21      | 4:35    | 10.54     | 51:08     | 4:51          | 23      | -       | 25      | 7:42    |
| Runde | 5.27     | 26:12    | 4:58         | 5       | 1:24    | 17      | 3:57    | 15.81     | 1:17:20   | 4:53          | 23      | -       | 25      | 11:39   |
| Runde | 5.27     | 26:50    | 5:05         | 5       | 1:19    | 14      | 4:02    | 21.08     | 1:44:10   | 4:56          | 23      | -       | 25      | 15:41   |
| Runde | 5.27     | 28:21    | 5:22         | 5       | 2:17    | 16      | 5:45    | 26.35     | 2:12:31   | 5:01          | 23      | -       | 25      | 21:26   |
| Runde | 5.27     | 30:13    | 5:44         | 6       | 3:54    | 24      | 7:41    | 31.62     | 2:42:44   | 5:08          | 23      | -       | 25      | 29:07   |
| Runde | 5.27     | 35:14    | 6:41         | 11      | 8:08    | 68      | 12:02   | 36.89     | 3:17:58   | 5:21          | 23      | -       | 24      | 41:09   |
| Runde | 5.27     | 36:10    | 6:51         | 12      | 9:32    | 77      | 20:25   | 42.16     | 3:54:08   | 5:33          | 7       | 2:52:25 | 30      | 3:00:46 |