



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Weidenhaupt, Friedhelm

□□: cool runnings Brühl

□□: 424

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 3:57:51

□□: 10.59 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 30 (of 311)

□□□□□/□: 29 (of 279)

□□□□□□: 3:02:44

□□□□□: 4(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	27:23	5:11	5	3:13	36	5:40	5.27	27:23	5:11	38	-	31	-
Runde	5.27	26:25	5:00	3	1:37	22	4:42	10.54	53:48	5:06	35	-	30	10:22
Runde	5.27	26:49	5:05	3	1:08	21	4:34	15.81	1:20:37	5:05	35	-	30	14:56
Runde	5.27	29:28	5:35	8	2:50	44	6:40	21.08	1:50:05	5:13	35	-	30	21:36
Runde	5.27	30:47	5:50	8	2:39	46	8:11	26.35	2:20:52	5:20	35	-	30	29:47
Runde	5.27	32:15	6:07	8	3:10	53	9:43	31.62	2:53:07	5:28	35	-	30	39:30
Runde	5.27	33:24	6:20	7	3:38	44	10:12	36.89	3:26:31	5:35	34	-	29	49:42
Runde	5.27	31:20	5:56	6	15:35	28	15:35	42.16	3:57:51	5:38	7	3:00:27	35	3:04:29