



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Menzel, Harald

□□: TG Söllingen

□□: 244

□□: 42.16 km

Marathon

□□□□:

Männer M30

□□□: 4:05:10

□□: 10.32 km/h

□□□□: 5:49 min/km

□□□□□/□□□: 44 (of 311)

□□□□□/□: 41 (of 279)

□□□□□□: 3:02:44

□□□□□: 10(of 33)

□□□□□□□: 3:37:39

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	27:42	5:15	10	3:13	42	5:59	5.27	27:42	5:15	25		47	
Runde	5.27	29:17	5:33	12	4:50	65	7:34	10.54	56:59	5:24	25		42	13:33
Runde	5.27	29:52	5:40	12	5:53	67	7:37	15.81	1:26:51	5:29	25		42	21:10
Runde	5.27	29:22	5:34	9	3:55	43	6:34	21.08	1:56:13	5:30	25		42	27:44
Runde	5.27	29:56	5:40	8	3:25	33	7:20	26.35	2:26:09	5:32	25		42	35:04
Runde	5.27	30:44	5:49	7	2:31	31	8:12	31.62	2:56:53	5:35	25		42	43:16
Runde	5.27	32:48	6:13	8	2:45	42	9:36	36.89	3:29:41	5:41	23		41	52:52
Runde	5.27	35:29	6:43	11	6:57	71	19:44	42.16	4:05:10	5:48	10	27:31	47	3:11:48