



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Nickolaus, Holger

□□: LG Rhein-Wied

□□: 267

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:05:50

□□: 10.29 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 46 (of 311)

□□□□□/□: 43 (of 279)

□□□□□□: 3:02:44

□□□□□: 6(of 62)

□□□□□□□: 3:40:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Runde | 5.27 | 28:07 | 5:20 | 9 | 3:57 | 50 | 6:24 | 5.27 | 28:07 | 5:20 | 40 | - | 49 | - |
| Runde | 5.27 | 28:51 | 5:28 | 12 | 4:03 | 55 | 7:08 | 10.54 | 56:58 | 5:24 | 37 | - | 44 | 13:32 |
| Runde | 5.27 | 29:16 | 5:33 | 10 | 3:35 | 50 | 7:01 | 15.81 | 1:26:14 | 5:27 | 37 | - | 44 | 20:33 |
| Runde | 5.27 | 29:52 | 5:40 | 9 | 3:14 | 51 | 7:04 | 21.08 | 1:56:06 | 5:30 | 37 | - | 44 | 27:37 |
| Runde | 5.27 | 30:39 | 5:48 | 6 | 2:31 | 43 | 8:03 | 26.35 | 2:26:45 | 5:34 | 37 | - | 44 | 35:40 |
| Runde | 5.27 | 31:48 | 6:02 | 6 | 2:43 | 46 | 9:16 | 31.62 | 2:58:33 | 5:38 | 37 | - | 44 | 44:56 |
| Runde | 5.27 | 33:57 | 6:26 | 8 | 4:11 | 50 | 10:45 | 36.89 | 3:32:30 | 5:45 | 36 | - | 43 | 55:41 |
| Runde | 5.27 | 33:20 | 6:19 | 10 | 17:35 | 47 | 17:35 | 42.16 | 4:05:50 | 5:49 | 9 | 3:08:26 | 49 | 3:12:28 |