



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Kaluza, Jürgen

□□□: 4:11:34

□□: Holzkirchener Marathonis

□□: 10.02 km/h

□□: 168

□□□□: 5:58 min/km

□□: 42.16 km

□□□□□/□□□: 57 (of 311)

Marathon

□□□□□/□: 53 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 7(of 47)

Männer M50

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:00	6:04	16	6:45	140	10:17	5.27	32:00	6:04	31	-	-	59	1:27
Runde	5.27	31:25	5:57	14	6:24	113	9:42	10.54	1:03:25	6:01	31	-	-	54	19:59
Runde	5.27	31:18	5:56	12	5:16	99	9:03	15.81	1:34:43	5:59	31	-	-	54	29:02
Runde	5.27	31:35	5:59	9	5:39	86	8:47	21.08	2:06:18	5:59	31	-	-	54	37:49
Runde	5.27	31:59	6:04	9	5:40	70	9:23	26.35	2:38:17	6:00	31	-	-	54	47:12
Runde	5.27	31:53	6:02	6	4:36	49	9:21	31.62	3:10:10	6:00	31	-	-	54	56:33
Runde	5.27	31:18	5:56	3	3:39	22	8:06	36.89	3:41:28	6:00	31	-	-	53	1:04:39
Runde	5.27	30:06	5:42	3	4:28	17	14:21	42.16	4:11:34	5:58	7	42:27	59	3:18:12	