



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

König, Yves

00: Stiege

00: 189

00: 42.16 km

Marathon

0000:

Männer M35

000: 4:20:06

00: 9.73 km/h

0000: 6:10 min/km

00000/000: 82 (of 311)

00000/0: 76 (of 279)

000000: 3:02:44

00000: 11(of 35)

0000000: 3:26:19

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	27:26	5:12	8	4:05	39	5:43	5.27	27:26	5:12	29			81	
Runde	5.27	27:40	5:14	8	3:04	36	5:57	10.54	55:06	5:13	18			76	11:40
Runde	5.27	27:51	5:17	8	3:03	32	5:36	15.81	1:22:57	5:14	18			76	17:16
Runde	5.27	29:32	5:36	8	4:01	48	6:44	21.08	1:52:29	5:20	18			76	24:00
Runde	5.27	32:01	6:04	12	5:57	71	9:25	26.35	2:24:30	5:29	18			76	33:25
Runde	5.27	36:18	6:53	15	9:59	110	13:46	31.62	3:00:48	5:43	18			76	47:11
Runde	5.27	40:13	7:37	23	13:07	151	17:01	36.89	3:41:01	5:59	18			75	1:04:12
Runde	5.27	39:05	7:24	20	12:27	131	23:20	42.16	4:20:06	6:10	12	3:18:23		82	3:26:44