



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Soff, Andreas

□□: 100 MC DEUTSCHLAND
 □□: 383

□□: 42.16 km
 Marathon

□□□□:
 Männer M50

□□□: 4:21:26

□□: 9.64 km/h
 □□□□: 6:12 min/km

□□□□□/□□□: 84 (of 311)

□□□□□/□: 78 (of 279)

□□□□□□: 3:02:44

□□□□□: 11(of 47)

□□□□□□□: 3:29:07

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 35:06 | 6:39 | 30 | 9:51 | 207 | 13:23 | 5.27 | 35:06 | 6:39 | 11 | 2:17 | 83 | 4:33 |
| Runde | 5.27 | 33:26 | 6:20 | 23 | 8:25 | 164 | 11:43 | 10.54 | 1:08:32 | 6:30 | 35 | 0:46 | 78 | 25:06 |
| Runde | 5.27 | 31:56 | 6:03 | 14 | 5:54 | 107 | 9:41 | 15.81 | 1:40:28 | 6:21 | 35 | | 78 | 34:47 |
| Runde | 5.27 | 31:54 | 6:03 | 13 | 5:58 | 93 | 9:06 | 21.08 | 2:12:22 | 6:16 | 35 | | 78 | 43:53 |
| Runde | 5.27 | 32:29 | 6:09 | 12 | 6:10 | 85 | 9:53 | 26.35 | 2:44:51 | 6:15 | 35 | | 78 | 53:46 |
| Runde | 5.27 | 31:56 | 6:03 | 7 | 4:39 | 50 | 9:24 | 31.62 | 3:16:47 | 6:13 | 35 | | 78 | 1:03:10 |
| Runde | 5.27 | 34:23 | 6:31 | 10 | 6:44 | 59 | 11:11 | 36.89 | 3:51:10 | 6:15 | 35 | | 77 | 1:14:21 |
| Runde | 5.27 | 30:16 | 5:44 | 4 | 4:38 | 20 | 14:31 | 42.16 | 4:21:26 | 6:12 | 11 | 52:19 | 84 | 3:28:04 |