



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Höfer, Mike

00: TUS Griesheim

00: 143

00: 42.16 km

Marathon

0000:

Männer M35

000: 4:22:05

00: 9.65 km/h

0000: 6:13 min/km

00000/000: 85 (of 311)

00000/0: 79 (of 279)

000000: 3:02:44

00000: 12(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	30:54	5:51	16	7:33	101	9:11	5.27	30:54	5:51	30			84	0:21
Runde	5.27	30:39	5:48	14	6:03	100	8:56	10.54	1:01:33	5:50	28			79	18:07
Runde	5.27	31:47	6:01	14	6:59	104	9:32	15.81	1:33:20	5:54	28			79	27:39
Runde	5.27	33:19	6:19	17	7:48	119	10:31	21.08	2:06:39	6:00	28			79	38:10
Runde	5.27	32:54	6:14	14	6:50	89	10:18	26.35	2:39:33	6:03	28			79	48:28
Runde	5.27	33:49	6:25	13	7:30	75	11:17	31.62	3:13:22	6:06	28			79	59:45
Runde	5.27	35:00	6:38	10	7:54	66	11:48	36.89	3:48:22	6:11	28			78	1:11:33
Runde	5.27	33:43	6:23	10	7:05	52	17:58	42.16	4:22:05	6:12	13	3:20:22		85	3:28:43