



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Herold, Fredi

□□: Saalfelder LV

□□: 134

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:25:22

□□: 9.53 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 90 (of 311)

□□□□□/□: 83 (of 279)

□□□□□□: 3:02:44

□□□□□: 17(of 62)

□□□□□□□: 3:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	30:59	5:52	25	6:49	107	9:16	5.27	30:59	5:52	51		88	0:26
Runde	5.27	30:14	5:44	22	5:26	88	8:31	10.54	1:01:13	5:48	48		83	17:47
Runde	5.27	30:29	5:47	22	4:48	84	8:14	15.81	1:31:42	5:48	48		83	26:01
Runde	5.27	31:10	5:54	17	4:32	78	8:22	21.08	2:02:52	5:49	48		83	34:23
Runde	5.27	32:15	6:07	14	4:07	77	9:39	26.35	2:35:07	5:53	48		83	44:02
Runde	5.27	34:33	6:33	18	5:28	83	12:01	31.62	3:09:40	5:59	48		83	56:03
Runde	5.27	37:30	7:06	24	7:44	100	14:18	36.89	3:47:10	6:09	47		82	1:10:21
Runde	5.27	38:12	7:14	30	22:27	117	22:27	42.16	4:25:22	6:17	20	3:27:58	89	3:32:00