



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Kanzog, Holger

□□: Lübeck

□□: 169

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 4:25:29

□□: 9.53 km/h

□□□□: 6:18 min/km

□□□□□/□□□: 91 (of 311)

□□□□□/□: 84 (of 279)

□□□□□□: 3:02:44

□□□□□: 18(of 62)

□□□□□□□: 3:40:26

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□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 31:20    | 5:56         | 27      | 7:10    | 118     | 9:37    | 5.27      | 31:20     | 5:56          | 6       | -       | 68      | 0:47    |
| Runde | 5.27     | 30:36    | 5:48         | 25      | 5:48    | 96      | 8:53    | 10.54     | 1:01:56   | 5:52          | 49      | -       | 84      | 18:30   |
| Runde | 5.27     | 30:32    | 5:47         | 23      | 4:51    | 85      | 8:17    | 15.81     | 1:32:28   | 5:50          | 49      | -       | 41      | 26:47   |
| Runde | 5.27     | 31:26    | 5:57         | 19      | 4:48    | 82      | 8:38    | 21.08     | 2:03:54   | 5:52          | 49      | -       | 84      | 35:25   |
| Runde | 5.27     | 33:12    | 6:17         | 20      | 5:04    | 94      | 10:36   | 26.35     | 2:37:06   | 5:57          | 49      | -       | 84      | 46:01   |
| Runde | 5.27     | 34:42    | 6:35         | 19      | 5:37    | 86      | 12:10   | 31.62     | 3:11:48   | 6:03          | 49      | -       | 84      | 58:11   |
| Runde | 5.27     | 35:58    | 6:49         | 18      | 6:12    | 79      | 12:46   | 36.89     | 3:47:46   | 6:10          | 48      | -       | 83      | 1:10:57 |
| Runde | 5.27     | 37:43    | 7:09         | 28      | 21:58   | 108     | 21:58   | 42.16     | 4:25:29   | 6:17          | 21      | 3:28:05 | 90      | 3:32:07 |