



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Pons Folguera, Jaume

□□□: 4:30:33

□□: Castellserà

□□: 9.31 km/h

□□: 294

□□□□: 6:25 min/km

□□: 42.16 km

□□□□□/□□□: 102 (of 311)

Marathon

□□□□□/□: 95 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 16(of 33)

Männer M30

□□□□□□□: 3:37:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 26:36 | 5:02 | 8 | 2:07 | 33 | 4:53 | 5.27 | 26:36 | 5:02 | 19 | | | 100 | |
| Runde | 5.27 | 28:07 | 5:20 | 9 | 3:40 | 42 | 6:24 | 10.54 | 54:43 | 5:11 | 19 | | | 95 | 11:17 |
| Runde | 5.27 | 29:19 | 5:33 | 11 | 5:20 | 53 | 7:04 | 15.81 | 1:24:02 | 5:18 | 19 | | | 95 | 18:21 |
| Runde | 5.27 | 30:45 | 5:50 | 12 | 5:18 | 71 | 7:57 | 21.08 | 1:54:47 | 5:26 | 19 | | | 95 | 26:18 |
| Runde | 5.27 | 33:01 | 6:15 | 15 | 6:30 | 91 | 10:25 | 26.35 | 2:27:48 | 5:36 | 19 | | | 95 | 36:43 |
| Runde | 5.27 | 36:23 | 6:54 | 16 | 8:10 | 112 | 13:51 | 31.62 | 3:04:11 | 5:49 | 19 | | | 95 | 50:34 |
| Runde | 5.27 | 41:16 | 7:49 | 20 | 11:13 | 161 | 18:04 | 36.89 | 3:45:27 | 6:06 | 19 | | | 94 | 1:08:38 |
| Runde | 5.27 | 45:06 | 8:33 | 24 | 16:34 | 201 | 29:21 | 42.16 | 4:30:33 | 6:25 | 16 | 52:54 | | 101 | 3:37:11 |