



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Backof, Rudolf

□□□: 4:43:12

□□: LG Donau- Ries

□□: 8.90 km/h

□□: 8

□□□□: 6:43 min/km

□□: 42.16 km

□□□□□/□□□: 134 (of 311)

Marathon

□□□□□/□: 126 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 16(of 47)

Männer M50

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:05	6:05	17	6:50	142	10:22	5.27	32:05	6:05	40	-	131	1:32
Runde	5.27	32:47	6:13	19	7:46	145	11:04	10.54	1:04:52	6:09	40	-	126	21:26
Runde	5.27	34:30	6:32	26	8:28	173	12:15	15.81	1:39:22	6:17	40	-	126	33:41
Runde	5.27	34:35	6:33	19	8:39	147	11:47	21.08	2:13:57	6:21	40	-	126	45:28
Runde	5.27	35:17	6:41	18	8:58	130	12:41	26.35	2:49:14	6:25	40	-	126	58:09
Runde	5.27	36:11	6:51	15	8:54	108	13:39	31.62	3:25:25	6:29	40	-	126	1:11:48
Runde	5.27	38:42	7:20	20	11:03	125	15:30	36.89	4:04:07	6:37	40	-	125	1:27:18
Runde	5.27	39:05	7:24	19	13:27	131	23:20	42.16	4:43:12	6:43	16	1:14:05	132	3:49:50