



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Jensen, Ib

□□: Kolding Motion

□□: 162

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 4:43:24

□□: 8.89 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 136 (of 311)

□□□□□/□: 128 (of 279)

□□□□□□: 3:02:44

□□□□□: 17(of 47)

□□□□□□□: 3:29:07

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 35:25 | 6:43 | 35 | 10:10 | 218 | 13:42 | 5.27 | 35:25 | 6:43 | 41 | 2:36 | 133 | 4:52 |
| Runde | 5.27 | 33:30 | 6:21 | 25 | 8:29 | 167 | 11:47 | 10.54 | 1:08:55 | 6:32 | 41 | 1:09 | 128 | 25:29 |
| Runde | 5.27 | 33:40 | 6:23 | 18 | 7:38 | 148 | 11:25 | 15.81 | 1:42:35 | 6:29 | 41 | | 128 | 36:54 |
| Runde | 5.27 | 33:32 | 6:21 | 17 | 7:36 | 128 | 10:44 | 21.08 | 2:16:07 | 6:27 | 41 | | 128 | 47:38 |
| Runde | 5.27 | 34:45 | 6:35 | 16 | 8:26 | 120 | 12:09 | 26.35 | 2:50:52 | 6:29 | 41 | | 128 | 59:47 |
| Runde | 5.27 | 36:20 | 6:53 | 16 | 9:03 | 111 | 13:48 | 31.62 | 3:27:12 | 6:33 | 41 | | 128 | 1:13:35 |
| Runde | 5.27 | 37:49 | 7:10 | 16 | 10:10 | 106 | 14:37 | 36.89 | 4:05:01 | 6:38 | 41 | | 127 | 1:28:12 |
| Runde | 5.27 | 38:23 | 7:17 | 17 | 12:45 | 122 | 22:38 | 42.16 | 4:43:24 | 6:43 | 17 | 1:14:17 | 134 | 3:50:02 |