



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Schindler, Michael

00: TV Helmbrechts

00: 333

00: 42.16 km

Marathon

0000:

Männer M40

000: 4:44:26

00: 8.89 km/h

0000: 6:45 min/km

00000/000: 139 (of 311)

00000/0: 131 (of 279)

000000: 3:02:44

00000: 30(of 62)

0000000: 3:33:30

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	29:56	5:40	17	7:10	78	8:13	5.27	29:56	5:40	62		136	
Runde	5.27	31:34	5:59	29	7:53	119	9:51	10.54	1:01:30	5:50	61		131	18:04
Runde	5.27	31:00	5:52	21	6:17	91	8:45	15.81	1:32:30	5:51	61		131	26:49
Runde	5.27	33:21	6:19	26	7:35	121	10:33	21.08	2:05:51	5:58	61		131	37:22
Runde	5.27	35:21	6:42	30	8:51	133	12:45	26.35	2:41:12	6:07	61		131	50:07
Runde	5.27	38:54	7:22	34	10:45	163	16:22	31.62	3:20:06	6:19	61		131	1:06:29
Runde	5.27	37:47	7:10	25	9:20	105	14:35	36.89	3:57:53	6:26	61		130	1:21:04
Runde	5.27	46:33	8:49	47	19:33	219	30:48	42.16	4:44:26	6:44	31	3:51:04	137	3:51:04