



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Denzler, Hans

00: TV Helmbrechts

00: 55

00: 42.16 km

Marathon

0000:

Männer M50

000: 5:04:48

00: 8.30 km/h

0000: 7:14 min/km

00000/000: 196 (of 311)

00000/0: 181 (of 279)

000000: 3:02:44

00000: 25(of 47)

0000000: 3:29:07

0000

0000

000

Runde	km	min/km	-	-	h	min	km	km	min/km	-	-	h	min	km
	km	min/km	-	-	h	min	km	min/km	-	-	h	min	km	
Runde	5.27	37:15	7:04	38	12:00	234	15:32	5.27	37:15	7:04	2	4:26	187	6:42
Runde	5.27	36:23	6:54	36	11:22	223	14:40	10.54	1:13:38	6:59	2	5:52	182	30:12
Runde	5.27	37:14	7:03	37	11:12	224	14:59	15.81	1:50:52	7:00	2	6:50	182	45:11
Runde	5.27	38:52	7:22	37	12:56	224	16:04	21.08	2:29:44	7:06	2	7:17	182	1:01:15
Runde	5.27	38:28	7:17	28	12:09	183	15:52	26.35	3:08:12	7:08	2		182	1:17:07
Runde	5.27	38:35	7:19	23	11:18	157	16:03	31.62	3:46:47	7:10	2		182	1:33:10
Runde	5.27	38:36	7:19	19	10:57	124	15:24	36.89	4:25:23	7:11	2		181	1:48:34
Runde	5.27	39:25	7:28	20	13:47	138	23:40	42.16	5:04:48	7:13	25	1:35:41	187	4:11:26