



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Steinbrecher, Diethard

□□□: 5:13:34

□□: 100 Marathon Club

□□: 8.07 km/h

□□: 387

□□□□: 7:26 min/km

□□: 42.16 km

□□□□□/□□□: 218 (of 311)

Marathon

□□□□□/□: 202 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 9(of 15)

Männer M55

□□□□□□□: 4:16:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	36:36	6:56	11	8:55	227	14:53	5.27	36:36	6:56	9	8:55	209	6:03
Runde	5.27	36:52	6:59	10	8:56	226	15:09	10.54	1:13:28	6:58	9	17:51	204	30:02
Runde	5.27	40:21	7:39	15	11:50	265	18:06	15.81	1:53:49	7:11	9	29:41	204	48:08
Runde	5.27	38:18	7:16	8	8:41	216	15:30	21.08	2:32:07	7:12	9	38:22	204	1:03:38
Runde	5.27	38:52	7:22	8	8:45	188	16:16	26.35	3:10:59	7:14	9	45:07	204	1:19:54
Runde	5.27	40:03	7:35	7	7:47	180	17:31	31.62	3:51:02	7:18	9	48:00	204	1:37:25
Runde	5.27	40:57	7:46	8	5:00	155	17:45	36.89	4:31:59	7:22	9	51:41	203	1:55:10
Runde	5.27	41:35	7:53	8	5:24	160	25:50	42.16	5:13:34	7:26	9	57:05	208	4:20:12