



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Ladegast, Dieter

□□: preconGang

□□: 210

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 5:14:34

□□: 8.01 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 220 (of 311)

□□□□□/□: 204 (of 279)

□□□□□□: 3:02:44

□□□□□: 30(of 47)

□□□□□□□: 3:29:07

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 35:20    | 6:42         | 34      | 10:05   | 215     | 13:37   | 5.27  | 35:20     | 6:42      | 7             | 2:31    | 210     | 4:47    |         |
| Runde | 5.27     | 35:33    | 6:44         | 34      | 10:32   | 201     | 13:50   | 10.54 | 1:10:53   | 6:43      | 7             | 3:07    | 205     | 27:27   |         |
| Runde | 5.27     | 36:48    | 6:58         | 35      | 10:46   | 215     | 14:33   | 15.81 | 1:47:41   | 6:48      | 7             | 3:39    | 205     | 42:00   |         |
| Runde | 5.27     | 36:40    | 6:57         | 28      | 10:44   | 186     | 13:52   | 21.08 | 2:24:21   | 6:50      | 7             | 1:54    | 205     | 55:52   |         |
| Runde | 5.27     | 38:46    | 7:21         | 29      | 12:27   | 187     | 16:10   | 26.35 | 3:03:07   | 6:56      | 7             |         | 205     | 1:12:02 |         |
| Runde | 5.27     | 44:10    | 8:22         | 39      | 16:53   | 232     | 21:38   | 31.62 | 3:47:17   | 7:11      | 7             |         | 205     | 1:33:40 |         |
| Runde | 5.27     | 43:50    | 8:19         | 29      | 16:11   | 192     | 20:38   | 36.89 | 4:31:07   | 7:20      | 7             |         | 204     | 1:54:18 |         |
| Runde | 5.27     | 43:27    | 8:14         | 28      | 17:49   | 178     | 27:42   | 42.16 | 5:14:34   | 7:27      | 30            | 1:45:27 | 210     | 4:21:12 |         |