



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Wilde, Wolfgang

□□: LT Nauen-Falkensee
 □□: 434

□□: 42.16 km
 Marathon

□□□□:
 Männer M55

□□□: 5:32:03

□□: 7.62 km/h
 □□□□: 7:53 min/km

□□□□□/□□□: 251 (of 311)

□□□□□/□: 230 (of 279)

□□□□□□: 3:02:44

□□□□□: 12(of 15)

□□□□□□□: 4:16:29

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 34:01 | 6:27 | 7 | 6:20 | 178 | 12:18 | 5.27 | 34:01 | 6:27 | 12 | 6:20 | 236 | 3:28 |
| Runde | 5.27 | 35:52 | 6:48 | 8 | 7:56 | 212 | 14:09 | 10.54 | 1:09:53 | 6:37 | 12 | 14:16 | 231 | 26:27 |
| Runde | 5.27 | 37:52 | 7:11 | 10 | 9:21 | 236 | 15:37 | 15.81 | 1:47:45 | 6:48 | 12 | 23:37 | 231 | 42:04 |
| Runde | 5.27 | 43:29 | 8:15 | 15 | 13:52 | 271 | 20:41 | 21.08 | 2:31:14 | 7:10 | 12 | 37:29 | 231 | 1:02:45 |
| Runde | 5.27 | 42:01 | 7:58 | 12 | 11:54 | 233 | 19:25 | 26.35 | 3:13:15 | 7:20 | 12 | 47:23 | 231 | 1:22:10 |
| Runde | 5.27 | 43:10 | 8:11 | 10 | 10:54 | 223 | 20:38 | 31.62 | 3:56:25 | 7:28 | 12 | 53:23 | 231 | 1:42:48 |
| Runde | 5.27 | 46:06 | 8:44 | 12 | 10:09 | 217 | 22:54 | 36.89 | 4:42:31 | 7:39 | 12 | 1:02:13 | 230 | 2:05:42 |
| Runde | 5.27 | 49:32 | 9:23 | 13 | 13:21 | 249 | 33:47 | 42.16 | 5:32:03 | 7:52 | 12 | 1:15:34 | 236 | 4:38:41 |