



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Trambo, Uwe

00: Peewee

00: 408

00: 42.16 km

Marathon

0000:

Männer M30

000: 5:34:05

00: 7.57 km/h

0000: 7:55 min/km

00000/000: 259 (of 311)

00000/0: 238 (of 279)

000000: 3:02:44

00000: 30(of 33)

0000000: 3:37:39

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Runde	5.27	37:20	7:05	30	12:51	235	15:37	5.27	37:20	7:05	14			244	6:47
Runde	5.27	37:31	7:07	32	13:04	237	15:48	10.54	1:14:51	7:06	14	0:15		177	31:25
Runde	5.27	37:18	7:04	31	13:19	226	15:03	15.81	1:52:09	7:05	14	2:09		239	46:28
Runde	5.27	39:07	7:25	29	13:40	228	16:19	21.08	2:31:16	7:10	14	5:04		239	1:02:47
Runde	5.27	41:56	7:57	31	15:25	232	19:20	26.35	3:13:12	7:19	14	10:06		239	1:22:07
Runde	5.27	46:02	8:44	30	17:49	248	23:30	31.62	3:59:14	7:33	14	16:41		239	1:45:37
Runde	5.27	47:42	9:03	28	17:39	236	24:30	36.89	4:46:56	7:46	14	24:55		238	2:10:07
Runde	5.27	47:09	8:56	28	18:37	226	31:24	42.16	5:34:05	7:55	30	1:56:26		244	4:40:43