



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Wolter, Steffen

□□: RennsteigSpirit

□□: 444

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 5:42:45

□□: 7.38 km/h

□□□□: 8:08 min/km

□□□□□/□□□: 275 (of 311)

□□□□□/□: 252 (of 279)

□□□□□□: 3:02:44

□□□□□: 59(of 62)

□□□□□□□: 3:40:26

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Runde	km	min/km	-	-	°	°	km	min/km	-	-	°	°		
	km	min/km	-	-	°	°	km	min/km	-	-	°	°		
Runde	5.27	32:43	6:12	38	8:33	155	11:00	5.27	32:43	6:12	31	0:10	258	2:10
Runde	5.27	36:40	6:57	51	11:52	224	14:57	10.54	1:09:23	6:34	30	3:28	253	25:57
Runde	5.27	37:31	7:07	51	11:50	232	15:16	15.81	1:46:54	6:45	30	4:52	253	41:13
Runde	5.27	41:53	7:56	60	15:15	266	19:05	21.08	2:28:47	7:03	30	8:52	253	1:00:18
Runde	5.27	45:27	8:37	60	17:19	262	22:51	26.35	3:14:14	7:22	30	14:43	253	1:23:09
Runde	5.27	48:15	9:09	60	19:10	258	25:43	31.62	4:02:29	7:40	30	21:14	253	1:48:52
Runde	5.27	51:13	9:43	59	21:27	255	28:01	36.89	4:53:42	7:57	30	28:45	252	2:16:53
Runde	5.27	49:03	9:18	60	33:18	244	33:18	42.16	5:42:45	8:07	62	4:45:21	258	4:49:23