



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Erfurth, Andreas

00: SG Erfurth

00: 76

00: 42.16 km

Marathon

0000:

Männer M40

000: 5:46:36

00: 7.30 km/h

0000: 8:13 min/km

00000/000: 282 (of 311)

00000/0: 258 (of 279)

000000: 3:02:44

00000: 57(of 62)

0000000: 3:33:30

0000

0000

000

|       | 00   | 00    | 00     | 00 | 00    | 00  | 00    | 000   | 000     | 000    | 00 | 00      | 00  | 00      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | 00    | min/km | -  | -     | 0   | 0     | km    | 00      | min/km | -  | -       | 0   | 0       |
| Runde | 5.27 | 38:24 | 7:17   | 55 | 15:38 | 251 | 16:41 | 5.27  | 38:24   | 7:17   | 27 | 5:47    | 264 | 7:51    |
| Runde | 5.27 | 40:51 | 7:45   | 61 | 17:10 | 271 | 19:08 | 10.54 | 1:19:15 | 7:31   | 27 | 14:14   | 259 | 35:49   |
| Runde | 5.27 | 37:19 | 7:04   | 52 | 12:36 | 227 | 15:04 | 15.81 | 1:56:34 | 7:22   | 27 | 17:04   | 259 | 50:53   |
| Runde | 5.27 | 40:52 | 7:45   | 57 | 15:06 | 249 | 18:04 | 21.08 | 2:37:26 | 7:28   | 27 | 20:11   | 259 | 1:08:57 |
| Runde | 5.27 | 45:52 | 8:42   | 59 | 19:22 | 264 | 23:16 | 26.35 | 3:23:18 | 7:42   | 27 | 23:20   | 259 | 1:32:13 |
| Runde | 5.27 | 45:33 | 8:38   | 55 | 17:24 | 241 | 23:01 | 31.62 | 4:08:51 | 7:52   | 27 | 24:34   | 259 | 1:55:14 |
| Runde | 5.27 | 49:23 | 9:22   | 55 | 20:56 | 248 | 26:11 | 36.89 | 4:58:14 | 8:05   | 27 | 26:35   | 258 | 2:21:25 |
| Runde | 5.27 | 48:22 | 9:10   | 51 | 21:22 | 239 | 32:37 | 42.16 | 5:46:36 | 8:13   | 58 | 4:53:14 | 264 | 4:53:14 |