



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Laufer, Mathias

□□: TG Gross-Karben

□□: 212

□□: 31.62 km

3/4 Marathon

□□□□:

Männer M45

□□□: 3:44:15

□□: 8.29 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 16 (of 23)

□□□□□/□: 16 (of 22)

□□□□□□: 2:46:55

□□□□□: 4(of 6)

□□□□□□□: 3:16:15

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 34:17 | 6:30 | 4 | 3:51 | 14 | 9:00 | 5.27 | 34:17 | 6:30 | 4 | 3:51 | 8 | 0:42 |
| Runde | 5.27 | 34:31 | 6:32 | 4 | 3:45 | 16 | 7:42 | 10.54 | 1:08:48 | 6:31 | 4 | 7:36 | 8 | 1:28 |
| Runde | 5.27 | 34:57 | 6:37 | 4 | 4:31 | 16 | 8:05 | 15.81 | 1:43:45 | 6:33 | 4 | 12:07 | 8 | 2:55 |
| Runde | 5.27 | 34:34 | 6:33 | 2 | 3:30 | 9 | 6:38 | 21.08 | 2:18:19 | 6:33 | 4 | 15:37 | 8 | |
| Runde | 5.27 | 36:18 | 6:53 | 2 | 2:54 | 4 | 7:59 | 26.35 | 2:54:37 | 6:37 | 4 | 18:31 | 8 | |
| Runde | 5.27 | 49:38 | 9:25 | 4 | 9:29 | 15 | 18:30 | 31.62 | 3:44:15 | 7:05 | 4 | 28:00 | 16 | 57:20 |