



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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**Rauch, Johannes**

□□□: 4:08:12

□□: Aschaffenburg

□□: 10.15 km/h

□□: 306

□□□□: 5:53 min/km

□□: 42.16 km

□□□□□/□□□: 53 (of 311)

Marathon

□□□□□/□: 49 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 11(of 33)

Männer M30

□□□□□□□: 3:37:39

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□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 26:50    | 5:05         | 9       | 2:21    | 35      | 5:07    | 5.27  | 26:50     | 5:05      | 24            | -       | -       | 50      | 55      |
| Runde | 5.27     | 28:18    | 5:22         | 10      | 3:51    | 44      | 6:35    | 10.54 | 55:08     | 5:13      | 24            | -       | -       | 50      | 11:42   |
| Runde | 5.27     | 28:08    | 5:20         | 8       | 4:09    | 36      | 5:53    | 15.81 | 1:23:16   | 5:16      | 24            | -       | -       | 50      | 17:35   |
| Runde | 5.27     | 29:15    | 5:33         | 7       | 3:48    | 41      | 6:27    | 21.08 | 1:52:31   | 5:20      | 24            | -       | -       | 50      | 24:02   |
| Runde | 5.27     | 30:49    | 5:50         | 9       | 4:18    | 49      | 8:13    | 26.35 | 2:23:20   | 5:26      | 24            | -       | -       | 50      | 32:15   |
| Runde | 5.27     | 33:43    | 6:23         | 12      | 5:30    | 73      | 11:11   | 31.62 | 2:57:03   | 5:35      | 24            | -       | -       | 50      | 43:26   |
| Runde | 5.27     | 33:32    | 6:21         | 9       | 3:29    | 46      | 10:20   | 36.89 | 3:30:35   | 5:42      | 24            | -       | -       | 49      | 53:46   |
| Runde | 5.27     | 37:37    | 7:08         | 13      | 9:05    | 103     | 21:52   | 42.16 | 4:08:12   | 5:53      | 11            | 30:33   | -       | 55      | 3:14:50 |