



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Koch, Heico

□□: Berlin

□□: 186

□□: 42.16 km

Marathon

□□□□:

Männer M40

□□□: 4:09:23

□□: 10.10 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 55 (of 311)

□□□□□/□: 51 (of 279)

□□□□□□: 3:02:44

□□□□□: 12(of 62)

□□□□□□□: 3:33:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	29:21	5:34	13	6:35	66	7:38	5.27	29:21	5:34	44	-	37	
Runde	5.27	28:40	5:26	13	4:59	52	6:57	10.54	58:01	5:30	43	-	52	14:35
Runde	5.27	29:36	5:37	15	4:53	58	7:21	15.81	1:27:37	5:32	43	-	52	21:56
Runde	5.27	29:53	5:40	14	4:07	52	7:05	21.08	1:57:30	5:34	43	-	52	29:01
Runde	5.27	30:20	5:45	13	3:50	41	7:44	26.35	2:27:50	5:36	43	-	52	36:45
Runde	5.27	31:39	6:00	10	3:30	43	9:07	31.62	2:59:29	5:40	43	-	52	45:52
Runde	5.27	32:46	6:13	9	4:19	41	9:34	36.89	3:32:15	5:45	43	-	51	55:26
Runde	5.27	37:08	7:02	25	10:08	94	21:23	42.16	4:09:23	5:54	13	3:16:01	57	3:16:01