



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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van Ooyen, Michael

□□: SV 19 Straelen

□□: 415

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 4:13:36

□□: 9.94 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 61 (of 311)

□□□□□/□: 56 (of 279)

□□□□□□: 3:02:44

□□□□□: 8(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	5.27	28:33	5:25	4	3:18	57	6:50	5.27	28:33	5:25	32	-	62	-
Runde	5.27	29:11	5:32	5	4:10	63	7:28	10.54	57:44	5:28	32	-	57	14:18
Runde	5.27	30:53	5:51	9	4:51	90	8:38	15.81	1:28:37	5:36	32	-	57	22:56
Runde	5.27	31:45	6:01	12	5:49	92	8:57	21.08	2:00:22	5:42	32	-	57	31:53
Runde	5.27	31:49	6:02	8	5:30	66	9:13	26.35	2:32:11	5:46	32	-	57	41:06
Runde	5.27	34:05	6:28	10	6:48	78	11:33	31.62	3:06:16	5:53	32	-	57	52:39
Runde	5.27	34:13	6:29	9	6:34	58	11:01	36.89	3:40:29	5:58	32	-	56	1:03:40
Runde	5.27	33:07	6:17	9	7:29	43	17:22	42.16	4:13:36	6:00	8	44:29	62	3:20:14