



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Jacobsen, Morten

□□: Kolding Motion

□□: 154

□□: 42.16 km

Marathon

□□□□:

Männer M20

□□□: 4:15:29

□□: 9.86 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 66 (of 311)

□□□□□/□: 61 (of 279)

□□□□□□: 3:02:44

□□□□□: 5(of 19)

□□□□□□□: 3:02:44

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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     | 27:49    | 5:16         | 5       | 6:06    | 43      | 6:06    | 5.27      | 27:49     | 5:16          | 16      | -       | 67      | -       |
| Runde | 5.27     | 26:38    | 5:03         | 3       | 4:55    | 26      | 4:55    | 10.54     | 54:27     | 5:09          | 16      | -       | 55      | 11:01   |
| Runde | 5.27     | 27:35    | 5:14         | 3       | 5:20    | 28      | 5:20    | 15.81     | 1:22:02   | 5:11          | 16      | -       | 62      | 16:21   |
| Runde | 5.27     | 28:47    | 5:27         | 3       | 5:59    | 33      | 5:59    | 21.08     | 1:50:49   | 5:15          | 16      | -       | 62      | 22:20   |
| Runde | 5.27     | 31:01    | 5:53         | 4       | 8:25    | 52      | 8:25    | 26.35     | 2:21:50   | 5:22          | 16      | -       | 62      | 30:45   |
| Runde | 5.27     | 33:14    | 6:18         | 5       | 10:42   | 65      | 10:42   | 31.62     | 2:55:04   | 5:32          | 16      | -       | 62      | 41:27   |
| Runde | 5.27     | 41:12    | 7:49         | 10      | 18:00   | 159     | 18:00   | 36.89     | 3:36:16   | 5:51          | 16      | -       | 61      | 59:27   |
| Runde | 5.27     | 39:13    | 7:26         | 8       | 13:18   | 135     | 23:28   | 42.16     | 4:15:29   | 6:03          | 5       | 1:12:45 | 67      | 3:22:07 |