



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Menendez, Jesus

□□□: 4:15:58

□□: Wilken GmbH

□□: 9.85 km/h

□□: 242

□□□□: 6:04 min/km

□□: 42.16 km

□□□□□/□□□: 68 (of 311)

Marathon

□□□□□/□: 63 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 16(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 31:46 | 6:01 | 35 | 9:00 | 135 | 10:03 | 5.27 | 31:46 | 6:01 | 32 | - | 69 | 1:13 |
| Runde | 5.27 | 30:09 | 5:43 | 21 | 6:28 | 84 | 8:26 | 10.54 | 1:01:55 | 5:52 | 9 | - | 64 | 18:29 |
| Runde | 5.27 | 29:41 | 5:37 | 17 | 4:58 | 64 | 7:26 | 15.81 | 1:31:36 | 5:47 | 32 | - | 64 | 25:55 |
| Runde | 5.27 | 30:17 | 5:44 | 16 | 4:31 | 62 | 7:29 | 21.08 | 2:01:53 | 5:46 | 32 | - | 64 | 33:24 |
| Runde | 5.27 | 32:17 | 6:07 | 21 | 5:47 | 79 | 9:41 | 26.35 | 2:34:10 | 5:51 | 32 | - | 64 | 43:05 |
| Runde | 5.27 | 35:04 | 6:39 | 22 | 6:55 | 90 | 12:32 | 31.62 | 3:09:14 | 5:59 | 32 | - | 64 | 55:37 |
| Runde | 5.27 | 34:07 | 6:28 | 14 | 5:40 | 53 | 10:55 | 36.89 | 3:43:21 | 6:03 | 32 | - | 63 | 1:06:32 |
| Runde | 5.27 | 32:37 | 6:11 | 8 | 5:37 | 37 | 16:52 | 42.16 | 4:15:58 | 6:04 | 17 | 3:22:36 | 69 | 3:22:36 |