



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Lachmann, Andreas

□□□: 4:17:35

□□: Runners Point

□□: 7.37 km/h

□□: 209

□□□□: 8:09 min/km

□□: 31.62 km

□□□□□/□□□: 23 (of 23)

3/4 Marathon

□□□□□/□: 22 (of 22)

□□□□□□: 2:46:55

□□□□:

□□□□□: 6(of 6)

Männer M45

□□□□□□□: 3:16:15

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 34:45 | 6:35 | 5 | 4:19 | 15 | 9:28 | 5.27 | 34:45 | 6:35 | 6 | 4:19 | 2 | 1:10 | |
| Runde | 5.27 | 36:41 | 6:57 | 5 | 5:55 | 19 | 9:52 | 10.54 | 1:11:26 | 6:46 | 6 | 10:14 | 2 | 4:06 | |
| Runde | 5.27 | 38:33 | 7:18 | 5 | 8:07 | 20 | 11:41 | 15.81 | 1:49:59 | 6:57 | 6 | 18:21 | 2 | 9:09 | |
| Runde | 5.27 | 42:09 | 7:59 | 5 | 11:05 | 21 | 14:13 | 21.08 | 2:32:08 | 7:13 | 6 | 29:26 | 2 | 13:27 | |
| Runde | 5.27 | 52:04 | 9:52 | 6 | 18:40 | 22 | 23:45 | 26.35 | 3:24:12 | 7:44 | 6 | 48:06 | 2 | 26:33 | |
| Runde | 5.27 | 53:23 | 10:07 | 6 | 13:14 | 21 | 22:15 | 31.62 | 4:17:35 | 8:08 | 6 | 1:01:20 | 22 | 1:30:40 | |