



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hösch, Christoph

□□□: 4:30:26

□□: Seestolperer Weißenstadt

□□: 9.35 km/h

□□: 151

□□□□: 6:25 min/km

□□: 42.16 km

□□□□□/□□□: 100 (of 311)

Marathon

□□□□□/□: 93 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 13(of 35)

Männer M35

□□□□□□□: 3:26:19

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 34:42 | 6:35 | 28 | 11:21 | 199 | 12:59 | 5.27 | 34:42 | 6:35 | 31 | 0:30 | 98 | 4:09 |
| Runde | 5.27 | 35:53 | 6:48 | 32 | 11:17 | 213 | 14:10 | 10.54 | 1:10:35 | 6:41 | 29 | 5:56 | 93 | 27:09 |
| Runde | 5.27 | 36:06 | 6:51 | 32 | 11:18 | 203 | 13:51 | 15.81 | 1:46:41 | 6:44 | 29 | 4:58 | 93 | 41:00 |
| Runde | 5.27 | 36:47 | 6:58 | 29 | 11:16 | 189 | 13:59 | 21.08 | 2:23:28 | 6:48 | 29 | 3:50 | 93 | 54:59 |
| Runde | 5.27 | 30:05 | 5:42 | 6 | 4:01 | 35 | 7:29 | 26.35 | 2:53:33 | 6:35 | 29 | | 93 | 1:02:28 |
| Runde | 5.27 | 30:53 | 5:51 | 7 | 4:34 | 34 | 8:21 | 31.62 | 3:24:26 | 6:27 | 29 | | 93 | 1:10:49 |
| Runde | 5.27 | 32:40 | 6:11 | 8 | 5:34 | 38 | 9:28 | 36.89 | 3:57:06 | 6:25 | 29 | | 92 | 1:20:17 |
| Runde | 5.27 | 33:20 | 6:19 | 9 | 6:42 | 47 | 17:35 | 42.16 | 4:30:26 | 6:24 | 14 | 3:28:43 | 99 | 3:37:04 |