



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

0000

Gentz, Armin

00: Gransee

00: 96

00: 42.16 km

Marathon

0000:

Männer M40

000: 4:31:15

00: 9.29 km/h

0000: 6:26 min/km

00000/000: 105 (of 311)

00000/0: 98 (of 279)

000000: 3:02:44

00000: 24(of 62)

0000000: 3:33:30

0000

0000

000

| 000   | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 30:11    | 5:43         | 19      | 7:25    | 82      | 8:28    | 5.27  | 30:11     | 5:43          | 56      |         | 103     |         |
| Runde | 5.27     | 29:23    | 5:34         | 17      | 5:42    | 67      | 7:40    | 10.54 | 59:34     | 5:39          | 55      |         | 98      | 16:08   |
| Runde | 5.27     | 29:59    | 5:41         | 18      | 5:16    | 68      | 7:44    | 15.81 | 1:29:33   | 5:39          | 55      |         | 98      | 23:52   |
| Runde | 5.27     | 30:58    | 5:52         | 19      | 5:12    | 74      | 8:10    | 21.08 | 2:00:31   | 5:43          | 55      |         | 98      | 32:02   |
| Runde | 5.27     | 32:16    | 6:07         | 20      | 5:46    | 78      | 9:40    | 26.35 | 2:32:47   | 5:47          | 55      |         | 98      | 41:42   |
| Runde | 5.27     | 37:06    | 7:02         | 29      | 8:57    | 127     | 14:34   | 31.62 | 3:09:53   | 6:00          | 55      |         | 98      | 56:16   |
| Runde | 5.27     | 41:26    | 7:51         | 38      | 12:59   | 165     | 18:14   | 36.89 | 3:51:19   | 6:16          | 55      |         | 97      | 1:14:30 |
| Runde | 5.27     | 39:56    | 7:34         | 34      | 12:56   | 142     | 24:11   | 42.16 | 4:31:15   | 6:26          | 25      | 3:37:53 | 104     | 3:37:53 |