



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Pollmeier, Michael

□□□: 4:40:45

□□: Laufspass SW Sende

□□: 8.98 km/h

□□: 293

□□□□: 6:40 min/km

□□: 42.16 km

□□□□□/□□□: 127 (of 311)

Marathon

□□□□□/□: 119 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 30(of 62)

Männer M45

□□□□□□□: 3:40:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 31:41 | 6:00 | 31 | 7:31 | 131 | 9:58 | 5.27 | 31:41 | 6:00 | 2 | - | 124 | 1:08 |
| Runde | 5.27 | 30:55 | 5:51 | 27 | 6:07 | 107 | 9:12 | 10.54 | 1:02:36 | 5:56 | 16 | - | 119 | 19:10 |
| Runde | 5.27 | 31:20 | 5:56 | 26 | 5:39 | 100 | 9:05 | 15.81 | 1:33:56 | 5:56 | 16 | - | 119 | 28:15 |
| Runde | 5.27 | 33:01 | 6:15 | 27 | 6:23 | 111 | 10:13 | 21.08 | 2:06:57 | 6:01 | 16 | - | 119 | 38:28 |
| Runde | 5.27 | 36:22 | 6:54 | 36 | 8:14 | 152 | 13:46 | 26.35 | 2:43:19 | 6:11 | 16 | - | 119 | 52:14 |
| Runde | 5.27 | 37:49 | 7:10 | 36 | 8:44 | 142 | 15:17 | 31.62 | 3:21:08 | 6:21 | 16 | - | 119 | 1:07:31 |
| Runde | 5.27 | 39:34 | 7:30 | 33 | 9:48 | 141 | 16:22 | 36.89 | 4:00:42 | 6:31 | 16 | - | 118 | 1:23:53 |
| Runde | 5.27 | 40:03 | 7:35 | 34 | 24:18 | 143 | 24:18 | 42.16 | 4:40:45 | 6:39 | 33 | 3:43:21 | 125 | 3:47:23 |