



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Siebert, Götz

□□: TG Gross-Karben

□□: 375

□□: 42.16 km

Marathon

□□□□:

Männer M55

□□□: 4:42:40

□□: 8.92 km/h

□□□□: 6:42 min/km

□□□□□/□□□: 130 (of 311)

□□□□□/□: 122 (of 279)

□□□□□□: 3:02:44

□□□□□: 4(of 15)

□□□□□□□: 4:16:29

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Runde	km	min/km	-	-	h	min	km	min/km	-	-	h	min		
	km	min/km	-	-	h	min	km	min/km	-	-	h	min		
Runde	5.27	35:00	6:38	8	7:19	205	13:17	5.27	35:00	6:38	4	7:19	127	4:27
Runde	5.27	35:02	6:38	7	7:06	195	13:19	10.54	1:10:02	6:38	4	14:25	122	26:36
Runde	5.27	34:16	6:30	6	5:45	163	12:01	15.81	1:44:18	6:35	4	20:10	122	38:37
Runde	5.27	34:24	6:31	6	4:47	142	11:36	21.08	2:18:42	6:34	4	24:57	122	50:13
Runde	5.27	34:05	6:28	3	3:58	108	11:29	26.35	2:52:47	6:33	4	26:55	122	1:01:42
Runde	5.27	36:55	7:00	3	4:39	121	14:23	31.62	3:29:42	6:37	4	26:40	122	1:16:05
Runde	5.27	36:19	6:53	2	0:22	84	13:07	36.89	4:06:01	6:40	4	25:43	121	1:29:12
Runde	5.27	36:39	6:57	2	0:28	85	20:54	42.16	4:42:40	6:42	4	26:11	128	3:49:18