



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Jensen, Ib

□□: Kolding Motion

□□: 162

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 4:43:24

□□: 8.89 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 136 (of 311)

□□□□□/□: 128 (of 279)

□□□□□□: 3:02:44

□□□□□: 17(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	35:25	6:43	35	10:10	218	13:42	5.27	35:25	6:43	41	2:36	133	4:52
Runde	5.27	33:30	6:21	25	8:29	167	11:47	10.54	1:08:55	6:32	41	1:09	128	25:29
Runde	5.27	33:40	6:23	18	7:38	148	11:25	15.81	1:42:35	6:29	41		128	36:54
Runde	5.27	33:32	6:21	17	7:36	128	10:44	21.08	2:16:07	6:27	41		128	47:38
Runde	5.27	34:45	6:35	16	8:26	120	12:09	26.35	2:50:52	6:29	41		128	59:47
Runde	5.27	36:20	6:53	16	9:03	111	13:48	31.62	3:27:12	6:33	41		128	1:13:35
Runde	5.27	37:49	7:10	16	10:10	106	14:37	36.89	4:05:01	6:38	41		127	1:28:12
Runde	5.27	38:23	7:17	17	12:45	122	22:38	42.16	4:43:24	6:43	17	1:14:17	134	3:50:02