



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Fischer, Michael

□□: TC FIKO Rostock

□□: 85

□□: 42.16 km

Marathon

□□□□:

Männer M30

□□□: 4:46:43

□□: 8.79 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 150 (of 311)

□□□□□/□: 140 (of 279)

□□□□□□: 3:02:44

□□□□□: 19(of 33)

□□□□□□□: 3:37:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	32:44	6:12	23	8:15	156	11:01	5.27	32:44	6:12	3		145	2:11
Runde	5.27	33:51	6:25	25	9:24	179	12:08	10.54	1:06:35	6:19	3		140	23:09
Runde	5.27	33:30	6:21	21	9:31	147	11:15	15.81	1:40:05	6:19	3		140	34:24
Runde	5.27	34:22	6:31	21	8:55	140	11:34	21.08	2:14:27	6:22	3		140	45:58
Runde	5.27	34:43	6:35	18	8:12	118	12:07	26.35	2:49:10	6:25	3		140	58:05
Runde	5.27	37:39	7:08	19	9:26	139	15:07	31.62	3:26:49	6:32	3		140	1:13:12
Runde	5.27	38:42	7:20	16	8:39	125	15:30	36.89	4:05:31	6:39	3		139	1:28:42
Runde	5.27	41:12	7:49	20	12:40	159	25:27	42.16	4:46:43	6:48	19	1:09:04	146	3:53:21