



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Beintner, Markus

□□□: 5:02:24

□□: Spirit of Ticino

□□: 8.33 km/h

□□: 22

□□□□: 7:10 min/km

□□: 42.16 km

□□□□□/□□□: 190 (of 311)

Marathon

□□□□□/□: 177 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 40(of 62)

Männer M40

□□□□□□□: 3:33:30

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 37:30    | 7:06         | 54      | 14:44   | 241     | 15:47   | 5.27  | 37:30     | 7:06      | 10            | 4:53    | 182     | 6:57    |         |
| Runde | 5.27     | 37:21    | 7:05         | 52      | 13:40   | 233     | 15:38   | 10.54 | 1:14:51   | 7:06      | 10            | 9:50    | 177     | 31:25   |         |
| Runde | 5.27     | 37:03    | 7:01         | 51      | 12:20   | 221     | 14:48   | 15.81 | 1:51:54   | 7:04      | 10            | 12:24   | 177     | 46:13   |         |
| Runde | 5.27     | 37:08    | 7:02         | 44      | 11:22   | 196     | 14:20   | 21.08 | 2:29:02   | 7:04      | 10            | 11:47   | 177     | 1:00:33 |         |
| Runde | 5.27     | 37:44    | 7:09         | 37      | 11:14   | 174     | 15:08   | 26.35 | 3:06:46   | 7:05      | 10            | 6:48    | 177     | 1:15:41 |         |
| Runde | 5.27     | 37:11    | 7:03         | 30      | 9:02    | 130     | 14:39   | 31.62 | 3:43:57   | 7:04      | 10            |         | 177     | 1:30:20 |         |
| Runde | 5.27     | 39:23    | 7:28         | 31      | 10:56   | 138     | 16:11   | 36.89 | 4:23:20   | 7:08      | 10            |         | 176     | 1:46:31 |         |
| Runde | 5.27     | 39:04    | 7:24         | 31      | 12:04   | 130     | 23:19   | 42.16 | 5:02:24   | 7:10      | 41            | 4:09:02 | 183     | 4:09:02 |         |