



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Schudera, Matthias

□□□: 5:06:29

□□: CaBa`s CaBaNauTeN

□□: 8.22 km/h

□□: 357

□□□□: 7:16 min/km

□□: 42.16 km

□□□□□/□□□: 199 (of 311)

Marathon

□□□□□/□: 184 (of 279)

□□□□□□: 3:02:44

□□□□:

□□□□□: 44(of 62)

Männer M45

□□□□□□□: 3:40:26

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 34:35    | 6:33         | 50      | 10:25   | 198     | 12:52   | 5.27  | 34:35     | 6:33          | 16      | 2:02    | 190     | 4:02    |
| Runde | 5.27     | 32:33    | 6:10         | 34      | 7:45    | 141     | 10:50   | 10.54 | 1:07:08   | 6:22          | 15      | 1:13    | 185     | 23:42   |
| Runde | 5.27     | 32:24    | 6:08         | 31      | 6:43    | 119     | 10:09   | 15.81 | 1:39:32   | 6:17          | 15      |         | 185     | 33:51   |
| Runde | 5.27     | 34:19    | 6:30         | 36      | 7:41    | 139     | 11:31   | 21.08 | 2:13:51   | 6:20          | 15      |         | 185     | 45:22   |
| Runde | 5.27     | 36:15    | 6:52         | 35      | 8:07    | 151     | 13:39   | 26.35 | 2:50:06   | 6:27          | 15      |         | 185     | 59:01   |
| Runde | 5.27     | 41:10    | 7:48         | 46      | 12:05   | 195     | 18:38   | 31.62 | 3:31:16   | 6:40          | 15      |         | 185     | 1:17:39 |
| Runde | 5.27     | 45:27    | 8:37         | 51      | 15:41   | 209     | 22:15   | 36.89 | 4:16:43   | 6:57          | 15      |         | 184     | 1:39:54 |
| Runde | 5.27     | 49:46    | 9:26         | 62      | 34:01   | 252     | 34:01   | 42.16 | 5:06:29   | 7:16          | 47      | 4:09:05 | 190     | 4:13:07 |